



FAQs

the first step can be scary... we're here for you.

why use GINA?

at GINA, we offer private counselling & therapy for individuals who have been subjected to sexual violence & abuse. at the heart of GINA's philosophy is the belief that every individual, with the right compassionate support & opportunities, can move beyond surviving to thriving after trauma.

who are our counsellors?

we are the sister organisation of RSVP (Rape & Sexual Violence Project). this means that our counsellors are specialists in the field of sexual violence & abuse. all of our counsellors use a trauma informed approach & work within a safe, client-led space. our integrative counsellors (working with many different methods) can be matched with you according to your needs & preferred style; whether this be building a strong therapeutic relationship to support or working creatively with the arts (the use of feeling and art exploration). our counsellors also comply with expectations about their ethics & behaviour, as outlined by the BACP.

is there are waiting list?

there is no waiting list. by offering a private service, we aim to ensure clients can commence with counselling as soon as they desire. we endeavour to be as flexible as possible, depending on your availability preferences.

what approach do we use?

we take a trauma-responsive approach to counselling & therapy; an approach that acknowledges trauma can be carried around within ourselves. this approach recognises experience, understands responses to experiences that are overwhelming as normal, rational & often really sensible, explores stories, rejects labels, seeks to redress power imbalance & builds upon foundations of empowerment and connection. instead of labelling you or the ways you have coped with sexual violence & abuse, GINA will focus on your strengths, how these helped you survive & explore how they can be built on.

what type of counselling do we offer?

we offer in-person counselling in locations across Birmingham & Solihull. we also offer telephone & online counselling from the comfort of your own home.



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how many counselling sessions can I have?

you can have as many or as few counselling sessions as you desire. the structure of counselling sessions is fully flexible & you can have sessions as often as you desire. this can be arranged when discussing your availability.

will my counselling sessions be confidential?

yes, counselling sessions are always confidential. the exception would be if you were to pose a danger to yourself or others, in which case we may need to inform others.

what happens in my first counselling session?

you will meet your counsellor & complete an 'assessment,' which allows you and your counsellor to explore how best GINA can support you, what brings you to counselling & what you would like to get out of counselling. in your first session, you will also be presented with our 'Service Contract' and 'Rights and responsibilities' (helping to explore how you & your counsellor will work together during your counselling sessions).

how much does it cost?

our counselling & therapy services are priced at £45 per session for an individual & £50 per session if counselling is being paid for by an organisation / employer. we charge the same price for face-to-face, telephone & online counselling. we ask that payment is made before your first counselling session, with payment being made a session in advance for further counselling sessions. we have a 48-hour cancellation policy. any late cancellation will be chargeable at the full session cost.

how long are counselling sessions?

counselling sessions are normally 50 minutes long.

please feel free to visit www.gina.uk.com for more information.

if you would like to make a booking, discuss availability or have any queries, please do not hesitate to drop us an email at hello@gina.uk.com or call us on 0121 643 0301 (and ask for 'GINA').