

Counselling Services 2016-17



**HEYTHROP
COLLEGE**

Philosophy & Theology
UNIVERSITY OF LONDON

IN COLLABORATION WITH



**HEYTHROP
STUDENTS'
UNION**

HOW DOES COUNSELLING WORK?

Life as a student can be difficult at times. If worry or problems are disrupting your normal study or personal life, the college counsellor can help.

How does counselling work?

Counselling gives you time and space to explore issues that are of concern to you. These might include:

- Relationship or family problems
- Bereavement
- Anxiety or depression
- Self-destructive behaviour eg self-harming, drinking too much
- Fear of failure
- Academic problems such as procrastination or disorganisation

Counselling can also help with external referrals to long term psychotherapy and Cognitive Behavioural Therapy.

The counsellor will not be able to provide instant solutions but will listen and respond in a way that can help you towards an increased awareness of yourself and your possibilities.

To come for counselling takes courage as it involves facing up to your difficulties and asking someone else for help. It is not a sign of weakness but a sign that you are taking steps to address any problems you are experiencing. The sessions last fifty minutes, and everything discussed is completely confidential.



COLLEGE COUNSELLORS

COUNSELLORS

Ms Mary Cronin has over twenty years' experience as a counsellor in education, currently also at Queen Mary, University of London. She is at Heythrop during term time on **Tuesdays from 9.30am-1.30pm**, and on **Fridays from 10.30am to 2.30pm**. Mary is based on site in the counseling room in St Catherine's House.

Mr Ken Ewings is former head of counselling at University of the Arts, London. Ken is on site on **Wednesday afternoons**, offering sessions from **2.30-5.30pm**.

To make an appointment you can email

counselling@heythrop.ac.uk or contact Dominic McLoughlin, Student Support Manager on 020 7795 4145 or email d.mcloughlin@heythrop.ac.uk

Mary Cronin and Kew Ewings are registered and accredited members of British Association for Counselling and Psychotherapy.

The College Counsellors are available for consultation beyond individual therapeutic sessions, for example if you are worried about a friend and wish to discuss the situation in confidence.



HEYTHROP COLLEGE
STUDENT SUPPORT OFFICE

St Catherine's House
23 Kensington Square
London W8 5HN
020 7795 4145
counselling@heythrop.ac.uk

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