

These links will help you if you wish to know more about counselling in general, research a particular topic etc. Please note that these links are here in an effort to assist but we do not accept any responsibility for the contents of the sites.

ANOREXIA AND BULIMIA CARE

A lifeline to sufferers of all eating disorders and their families.

A resource for professionals, referrals to our counsellor database, training, affiliation, support.

<http://www.anorexiabulimiare.org.uk/>

BIPOLAR DISORDER - HEALTHLINE

Healthline provides a very comprehensive overview of bipolar disorder as a critical starting point for individuals and/or their loved ones.

For more information, visit:

<http://www.healthline.com/health/bipolar-disorder>

BRITISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY (BACP)

Professional Body www.bacp.co.uk

BURRSWOOD CHRISTIAN HOSPITAL

At Burrswood we offer the highest levels of clinical and compassionate care to ensure that our patients achieve the best possible outcomes. At all times we provide an individually tailored approach that ensures each patient's needs and requirements are fully met with privacy, dignity and comfort. Patients are cared for by our interdisciplinary team which consists of doctors, nurses, counsellors, physiotherapists and chaplains. For more information see www.burrswood.org.uk.

CHILD BEREAVEMENT TRUST

The Child Bereavement Charity is the UK's leading national organisation that supports families and provides training to professionals across the entire spectrum of child bereavement. They support families and educate professionals for when a baby or child of any age dies or is dying; or when a child is facing bereavement. Every year we deliver training across a breadth of issues to around 5000 professionals at the front line of bereavement support.

<http://www.childbereavement.org.uk/>

CHURCHES CHILD PROTECTION ADVISORY SERVICE (CCPAS)

Since 1977, CCPAS (the Churches Child Protection Advisory Service) has worked with places of worship, children's and youth organisations, families and individuals. It helps them to manage safeguarding effectively or to deal with the consequences of not having done so, often following incidents involving the abuse of children. CCPAS is the only independent Christian charity providing professional advice, support, training and resources in all areas of safeguarding children, vulnerable adults and for those affected by abuse.

Contact Details: Phone: 0845 120 4550 Email: info@ccpas.co.uk Web site:

www.ccpas.co.uk

GARY R COLLINS

The site of a well-known Christian Counselling author and former President of the

American Association of Christian Counsellors. He has now moved more into the field of Coaching. [Gary R Collins](#)

CONTINUING THE JOURNEY

Continuing the journey conference is an open temporary community, exploring continuity and tension between the world and church, nature and grace, psychology and theology. It provides a safe place to help integrate or explore spirituality and therapeutic practice.

[Continuing the Journey](#)

CLINICAL OUTCOMES FOR ROUTINE EVALUATION (CORE)

A system for measuring and evaluation outcomes in counselling and other psychological therapies. [CORE](#)

CORNERSTONE INTEGRATED THERAPY

At CITherapy, we specialize in counselling children, and adolescents, particularly those who have been victims of trauma. Integrative therapy is offered, meaning that various models and therapies are used to meet the needs of the client. At CITherapy, individual counselling, individual or group supervision is offered, and training courses in PICT (Parks Inner Child Therapy). CITherapies is affiliated to [The Penny Parks Foundation](#) - providing training to aid resolution of abuse issues. [CIT Web Site.](#)

COSCA

Scotland's Professional Body for Counselling and Psychotherapy

[COSCA](#)

COUNSELLING DIRECTORY

This website is a support network of UK counsellors and psychotherapists, with information on their training and experience, areas of counselling, fees and contact details. This service is free, confidential and easy to use. You may find this site useful but we cannot guarantee that you will find a Christian Counsellor.

www.counselling-directory.org.uk

COUNSELLING RESEARCH

There are databases or interest websites available if you search the internet on this topic.

COUNSELOG

Counselog is a safe, secure and simple PC tool that enables you to record your counselling activities: Client sessions, supervision and training. In use by around 200 Psychotherapy and Counselling professionals. Before ordering, contact [Counselog Sales](#) for an ACC discount electronic coupon that will bring the price down to the level advertised in the Accord magazine. [See our Website](#)

CROSSROADS COUNSELLING

Crossroads Counselling works with adults on low income, in Tower Hamlets, who have enduring emotional and mental health issues. We also have two child therapists, working in house at a local primary school. We offer weekly, long-term, one hour counselling sessions. Through a relationship of trust and safety, we aim to

help our clients recover from distress, pain and trauma and find ways in which they are more able to manage their lives and have hope for the future.

Website www.crossroadscounselling.org Phone 020 8981 8388

CWR - Waverley Training and Events

A Christian training organisation offering a CertHE/ DipHE and BA in Counselling (awarding body Roehampton University); a Waverley Certificate in Christian Counselling (level 3); supervision training; and individual insight training days that can be counted for continual professional development purposes. All these programmes are from a Christian worldview. [More Information](#)

DEPARTMENT OF HEALTH

Large site with some areas of interest for counsellors. [Dept of Health](#)

DSC ONLINE

Books and websites about obtaining grants and funding. [DSC Online](#)

ELLEL MINISTRIES INTERNATIONAL

A non-denominational Christian mission organisation with a vision to welcome people, teach them about the Kingdom of God and heal those in need. Luke 9:11

[Ellel Ministries International](#)

HUMAN GIVENS COLLEGE

Psychology, Psychotherapy, Education. www.humangivenscollege.com Tel: 01323 811690

Fax: 01323 811486

INFANT LOSS AND BEREAVEMENT RESOURCE

Chantal Lockey assists funeral directors, NHS chaplains and Counsellors with infant loss and bereavement. Herself a bereaved mother and now working full time in this area. She has produced a CD of resources aimed at funeral directors and counsellors which includes a video clip, a 70 minute audio and a multitude of resources aimed to help professionals and bereaved parents with an infant loss. There is a brief video clip on YouTube.

www.youtube.com/watch?v=x8jgesP4ESs

INTO THE LIGHT

Offers support, information and resources for people who have been abused and for those that support them. [Into The Light](#)

JUST WHISTLE

We provide the know-how on tackling child sexual exploitation (CSE), through training courses, consultancy, and conferences. TEL: 01332 291166. FAX: 01332 347075. EMAIL: info@justwhistle.org.uk PO Box 7077 Derby DE1 0AL. WEB:

www.justwhistle.org.uk

LIFE COACH DIRECTORY

The purpose of this web site is ultimately to provide the UK with a huge life coach support network, enabling individuals to find a life coach close to them and appropriate for their needs. This is a free, confidential service that will help those

seeking a new direction in their life to find the encouragement they need. Every life coach on the site who has a full profile has either sent a copy of their qualifications and insurance cover to them, or is registered with a professional body with recognised codes of ethics and practice, ensuring their professionalism.

www.lifecoach-directory.org.uk

MENTAL HEALTH FOUNDATION

Part of the We Need To Talk campaign, which is a campaign by five leading mental health organisations to increase investment in and widen access to psychological therapies on the NHS. [Mental Health Foundation](#)

MIND AND SOUL

Exploring Christianity and Mental Health - Vision

- To provide high quality, accessible resources that engage with mental and emotional health, informed by the Christian theology and the latest scientific expertise.
- To initiate and facilitate local support networks, empowering and engaging the local church and enhancing mental health services.
- To enable people to meet with God and receive healing in the midst of emotional distress, presenting a holistic approach to mental health that incorporates the spiritual and the psychological. <http://www.mindandsoul.info>

NICHOLASTON HOUSE

A Christian Retreat and Healing Centre offering some limited Conference facilities set in idyllic surroundings. [Nicholaston House](#)

NUTRITIONIST RESOURCE

Nutrition FAQs, Topics, Recent News, Useful Articles, Events and Member Area. www.nutritionist-resource.org.uk/

PARKS INNER CHILD THERAPY (PICT)

The **Penny Parks Foundation** provides rapid and painless resolution of trauma & childhood abuse to the many victims worldwide through [Parks Inner Child Therapy \(PICT\)](#).

POSITIVE OUTCOMES for DISSOCIATIVE SURVIVORS (PODS)

PODS raises awareness and provides education and information for people who suffer from a dissociative disorder, including Dissociative Identity Disorder (DID). We also provide support directly to the partners of people with a dissociative disorder by phone, email, and in person. We can signpost towards other agencies and appropriate sources of help where they exist.

PODS provides:

- information and awareness training days/workshops to inform and educate about the reality of living with and recovering from dissociation, trauma and sexual abuse
- opportunities for survivors, partners and supporters to meet together and provide mutual support
- a weekly telephone helpline

- ongoing e-mail support
- resources such as an e-newsletter, Information Booklets and Emergency DID Information cards
- signposting to other helpful organisations

PODS works in collaboration with other national organisations. PODS is run by Rob and Carolyn Spring, along with a team of other volunteers. Rob is training as a therapist and Carolyn is a freelance writer, speaker and trainer who has DID as a result of organised abuse.

Website: www.pods-online.org.uk

Email: info@pods-online.org.uk

Helpline Tuesday 6-8pm (or at other times by arrangement) on 01480 878409.

PUBMED

One of many databases of medical research with links to others from there. [PubMed](http://pubmed.ncbi.nlm.nih.gov/)

SAINSBURY CENTRE FOR MENTAL HEALTH

Vast amounts of material about mental health and a huge links page for finding information. [Sainsbury Centre for Mental Health](http://www.sainsburycentre.org.uk/)

SPIRITUAL CRISIS NETWORK

Spiritual crisis (often called Spiritual Emergency, Emergence, Awakening or psycho-spiritual crisis) is a turbulent period of spiritual opening and transformation. We recognise that spiritual crisis and mental health difficulties often overlap. Our vision is to act as a resource providing help and information: for those going through or recovering from spiritual crisis, for professionals, carers and supporters of those going through or recovering from spiritual crisis. [Spiritual Crisis Network](http://www.spiritualcrisisnetwork.org/)

STILL WATERS COUNSELLING AND TRAINING

We offer the general range of counselling which includes relationships, stress, loss, trauma, abuse and eating disorders. <http://www.bystillwaters.co.uk/>

TEAM AROUND THE CHILD (TAC)

TAC offers training seminars and publications, promoting better early support for young children with complex needs & their families. Horizontal Teamwork in a Vertical World:

Exploring interagency collaboration and people empowerment

by Peter Limbrick, published in March 2012 by Interconnections, paperback, 124 pages. £12.95 plus 2.50 p&p. (Please e-mail for p&p rates for countries outside UK.)

Contact information:

E-mail: peter.limbrick@teamaroundthechild.com.

Web site www.teamaroundthechild.com

Tel/fax: 01497 831550

Interconnections, Peter Limbrick, Parks Farm, Clifford, HR3 5HH

TIME FOR MARRIAGE

Vision and passion for renewed and strengthened marriages, a network of couples from many different denominations and backgrounds who believe in being authentic,

vulnerable and full of faith for our marriages. We aim to be a resource to the church – a network of like-minded people that work with other individuals and organisations who share our ethos and aims. We are best known for our weekends away, where couples can slow the pace, reconnect and focus on their marriage.

<http://timeformarriage.org.uk/>

TRAUMA AND ABUSE SUPPORT CENTRE

TASC provides a UK web-based resource for survivors of the whole spectrum of child sexual abuse (including extreme and ritual abuse) and for anyone involved in supporting them, including family, friends, therapists and churches. On the web site you will find resources such as articles on subjects such as memory issues, trauma, dissociation and recovery; links to other organisations and sites; a therapist search facility; a month-by-month training and events page; and an online bookstore.

Web site: www.tasc-online.org.uk

Email tasc@tasc-online.org.uk

TRAUMA AND ABUSE GROUP

TAG is a group studying and supporting work concerning trauma, abuse and dissociation. For details of membership, which includes a new bi-monthly newsletter as well as two copies per year of the TAG Journal, *interact*, please visit www.tag-uk.net.

To order *interact*, email newslettereditor@tag-uk.net.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY (UKCP)

Professional Body [UKCP](http://www.ukcp.org)

YELDALL MANOR

Yeldall Manor is a residential rehabilitation centre near Reading in Berkshire. Since 1977, They have been helping men overcome their drug and alcohol addictions and return to society to live new lives, free from drugs, alcohol and crime. [Further information.](#)