

STIGMA IN THERAPY

- SARAH FELTON



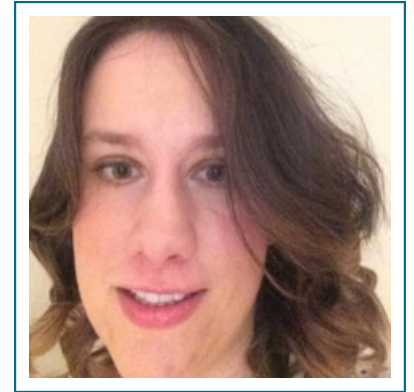
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Learning Together Online

Resource Guide

About Sarah Felton

I qualified last year with a Post Graduate Diploma in Counselling and Psychotherapy. My theoretical orientation is relational integrative.

I spent 6 years at University. Firstly, I completed a Bsc (Hons.) degree in Counselling and Therapeutic Studies. During my Diploma, I retook the second year, at the time I fought against this but I can now see the positives. I believe taking my time to complete my placement hours and focus on personal development has enabled me to be more self aware, and in turn a better therapist.



Sarah Felton



Getting counselling online means that those with conditions can get help from the comfort of their own home with me. I am also someone with a condition as I have been a type I diabetic for over 40 years.

I am also a Reiki Master, a Soul Midwife and volunteer for those with cancer or dementia.



Event Details

An opportunity to consider what might be helpful in reducing stigma around a Counsellor's own mental health within the field itself. I will share with you what got me thinking about this important topic and then open the space for discussion around what could be done to make this less taboo and enable Counsellors to be less fearful of admitting to needing to look after themselves too.

1st Learning Objective

To allow a space for thinking about how you feel about the stigma in the field related to our own mental health.

2nd Learning Objective

To gain knowledge and understanding of what does (or doesn't) currently exist, in the way of support for therapists.

3rd Learning Objective

What might support for therapist's look like? Who might it include?



References

Mind, the mental health charity

The Doctors' Support Network



Stigma in Therapy - Sarah's Article

Stigma in therapy? Let's look at this from another angle.

When a patient comes to sit in the 'counselling chair' they are probably thinking 'That person has their stuff all ironed out, that person has got the perfect life.' Oh, and, 'that person has resolved their inner conflicts.' OK, here's the truth. The painful, gut - wrenching horrible truth is this; that person is a fellow human being. Just. Like. You. That's right, you heard me! The individual sitting in the chair opposite you, 'the therapist' has been to University and has been on, what is often described as a 'journey', but no.. they aren't this perfect human being with all their ducks in a neat row. They just have some training. For what it's worth, I feel that lived mental health experience helps to deepen empathy. Whenever I read the term 'lived' in this context I take it to mean 'been through' as opposed to 'going through.'.....

Read the rest of the article [HERE](#)



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@sarahfelton9



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