

Groups and workshops

We have found that students often benefit from support, understanding and exploration with others in a similar situation. We run a number of short term groups on issues such as stress management, self esteem, bereavement and eating problems. For those needing longer term therapy we run ongoing therapy groups, and these have been helpful in offering support, as well as helping people make personal changes, particularly in terms of relationships with others.

We also run workshops on a number of topics, such as studying and surviving at LSE, and the psychological issues involved in the task of writing, as well on as issues such as perfectionism, procrastination and being an international student. We also run specialist workshops looking at coping strategies for managing exam stress and anxieties about performance.

Information about all our groups and workshops is kept updated on the website (lse.ac.uk/counselling).

Other specialist support at LSE

- Learning and personal development events, study advisers, talks and workshops: see lse.ac.uk/lselife: 020 7852 3580 or email lselife@lse.ac.uk.
- The Disability and Wellbeing Service offers confidential support to disabled students, covering all areas including Specific Learning Difficulties, mental health, sensory impairment and physical disabilities: call 020 7955 7677, email disability-dyslexia@lse.ac.uk or lse.ac.uk/disability
- lse.ac.uk/careers: 020 7955 7135 or email careers@lse.ac.uk

Confidentiality

Confidentiality is a most important part of this service, and the service subscribes to the Ethical Framework of the British Association for Counselling and Psychotherapy.

The confidentiality policy is available on our website or in the reception office.

We will keep all information about you confidential within the service, which includes all counsellors working at LSE as well as the Mental Health and Wellbeing Advisers. We will not discuss anything about you outside of the counselling team without your explicit consent, except in exceptional circumstances. For example, we would have a duty to inform your GP if we were concerned that there was a serious risk of harm to yourself or others.

Counsellors in the LSE Student Counselling Service

Paul Glynn (Counselling Service Manager)	Andrew Shorrock
Claire Barnes	Monika Smolar
Mike Bryant	Susie Ward
Ohemaa Nkansa-Dwamena	Adam Sandelson (Head of Student Wellbeing)
Terry Patterson	

The Student Counselling Service is, with the Disability and Wellbeing Service, part of the Student Wellbeing Service at LSE.

LSE Student Counselling Service

Confidential and free for all current LSE students



What is counselling?

Counselling is an opportunity to speak with someone who is trained to listen and help you understand whatever difficulties are affecting you. Counsellors are here to support and help you get the most from your time at LSE. As part of the School's Student Wellbeing Service, we can help with personal and emotional problems, whether or not they affect your studies. We are open to all students, and our service is free and confidential.

There is no defined list of what type of problem is brought to counselling. Some students may be having difficulties that are clearly related to their studies, such as writing blocks, problems with adjustment, stress over presentations, or dread and anxiety about exams. Other students may be having difficulties in other areas of their life; some examples include problems with stress, alcohol, eating disorders and relationships with family or other people (including sexuality); some students may feel lonely, isolated, depressed or anxious for no obvious reason.

“... has saved my self-esteem and equipped me to manage my problems in a mature and sensitive way. It is truly invaluable.”



LSE Peer Support puts students in contact with other students, providing informal and confidential assistance to those who would like emotional support, help and reassurance. LSE's Peer Supporters are in halls and across campus. To find out more, see [lse.ac.uk/peer support](http://lse.ac.uk/peer-support)

Who are the counsellors?

Counsellors are professionally qualified and experienced, and are members of the following bodies; the British Association for Counselling and Psychotherapy (BACP), the United Kingdom Council for Psychotherapy (UKCP) or the British Psychological Society (BPS). Students are welcome to indicate any preference for the counsellor's gender.

Making an appointment

We aim to see all new clients as soon as possible, and can usually arrange an initial appointment quickly.

To make an appointment, please use the form on the website (lse.ac.uk/counselling) or come in to our office at 4th Floor, Tower 3 (entrance via Tower 2). Counselling sessions can be booked from 10am to 4pm on Monday to Friday throughout the year, apart from "School closure" days and UK public holidays.

Once you have made an appointment, please come at least five minutes beforehand to the reception office at 4th Floor, Tower 3. All students are asked to provide basic contact information on a confidential client registration form, which can be downloaded in advance from the website.

Cancellations

If you are unable to keep an appointment, please phone or email the office as soon as possible to let us know.

How many sessions will I have?

Many students find that one or two sessions are enough.

If you need more sessions, there are further options that we can think about with you. Some students may benefit from joining a longer term therapy group. We also have information about referrals for more therapy, as well as details about external organisations.

Drop in sessions

We set aside a number of 20-minute drop in sessions each day at 3pm. These are filled on a first come basis, and must be booked in person in the office 4th Floor, Tower 3 (entrance via Tower 2). These sessions offer the opportunity to have a brief discussion about the nature of any problems or issues, and are designed to offer information for students suffering distress. Many students find it helpful to have a chance to talk about their difficulties and look at options and possible ways forward.

Website

The website, at lse.ac.uk/counselling, has further information about the LSE Student Counselling Service. It includes many useful links to self-help resources, as well as advice and information about common student problems. The website is regularly updated to show details of future groups and workshops.

