

SEISEANAN:

Dh'fhaodadh seiseanan a bhith sùbailte a rèir fheumalachdan fa leth

CO-IONNANACHD:

Tha an t-seirbheis ri fhaighinn do dh' oileanach no neach-obrach sam bith às bith an suidheachadh ciorraim, cinnidh, dath craicinn, gnè, taobhachd feise, aois, creideimh no beachd poileataics a th' agad

NA TEISTEANASAN AGAM:

- Dioplòma BACP ann an Comhairleachadh aig Oilthigh na Bànrigh Mairead ann an 2007
- Dioplòma iar-cheumnachaidh ann an Comhairleachadh dha Clann is Daoine Òga ann an 2008
- Tha mi nam bhall ann am British Association for Counselling and Psychotherapy (BACP) agus ag obair a rèir Ethical Framework for Good Practice in Counselling and Psychotherapy
- Bidh mi a' cumail ri ìrean proifeasanta is freagarrachd na h-obrach agus bidh eòlaichean a' sgrùdadh m' obair-sa gu cunbhalach agus bidh mi a' gabhail pàirt ann an leasachadh leantainneach proifeasanta ann an cùrsaichean trèanaidh.

Tha mi a' tairgsinn eadar-mheadhanan cruthachail agus leigheas ealain do luchd-dèiligidh cuideachd.

I offer creative interventions and art therapy to clients too.



Sheila M. Hamilton

SESSIONS:

Frequency and lengths of sessions can be flexible according to individual need

EQUALITIES:

The service is available to all students and staff irrespective of disability, ethnicity, colour, gender, sexual orientation, age, religion or political opinion

MY QUALIFICATIONS:

- Postgraduate Diploma in Counselling from Queen Margaret University, 2007 (BACP accredited)
- Post-qualifying Diploma in Counselling Children & Young People from Quality Training, 2008 (ABC Awards)
- I am a member of the British Association for Counselling and Psychotherapy BACP working to their Ethical Framework for Good Practice in Counselling and Psychotherapy
- I maintain my professional standards and my fitness to practice by attending regular supervision and participating in continuing professional development activities.

BARRACHD FIOSRACHAIDH:

Ma tha thu ag iarraidh barrachd fios air na modhan-obrach agam, cuir fios thugam:

☎ 01471 888303

FURTHER INFORMATION:

If you would like further information about the way in which I work, please contact me:

✉ smh.smo@uhi.ac.uk

WWW.SMO.UHI.AC.UK



SABHAL MÒR OSTAIG

Ionad Nàiseanta Cànain is Cultar na Gàidhlig

SEIRBHEIS CHOMHAIRLEACHAIDH

Tha Seirbheis Chomhairleachaidh dhìomhair agus phroifeiseanta ri fhaighinn do dh'oileanaich is luchd-obrach na Colaiste uile an asgaidh

COUNSELLING SERVICE

A confidential and professional counselling service is available to all college students and staff free of charge

DÈ TH' ANN AN COMHAIRLEACHADH?

- Bidh an comhairleachadh ann an àite a tha dìomhair, sàbhailte, furachail, neo-thaobhach agus càirdeil
- Tha comhairleachadh na chuideachadh air seallaidhean ùra is sgilean ùra a leasachadh gus an tèid agad air obrachadh tro dhuilgheadasan, an dà chuid, pearsanta agus/no proifeasanta

DÈ NACH EIL ANN AN COMHAIRLEACHADH:

- Chan ann air stiùireadh no ìmpidh a chur ort a tha comhairleachadh stèidhichte ged a dh'fhaodainn fiosrachadh a thoirt seachad airson do chuideachadh air na co-dhùnaidhean agad fhèin a dhèanamh

CÙISEAN:

Bidh mi ag obair còmhla ri daoine air caochladh chùisean a leithid:

- burraidheachd
- call agus/no call ri linn bàis
- cion fèin-mheas no misneachd
- cùisean gnèitheach
- dochann: inntinn, fisiceach no feise – na bha no a tha a' tachairt
- duilgheadasan co-ceangailte ri deoch-làidir agus no/drogaichean/
- duilgheadasan is tinneas bidhe
- fèin-dhochann no smuaintean fèin-mhuirt
- fèin-leasachadh agus/no miann eadar-dhealachaidh
- trom-fhaireachaidhean a leithid fearg, farmad, eud is nàire
- trom-inntinn is iomagain
- uallach obrach no uallach colaiste
- rud sam bith eile a tha ceangailte le d' obair no do bheatha phearsanta

WHAT IS COUNSELLING?

- Counselling takes place in a confidential, safe, caring, non-judgemental and accepting environment
- Counselling can help you to develop new perspectives and new skills so that you can work through difficulties both personal and/or professional

WHAT COUNSELLING IS NOT:

- Counselling is not about offering advice or persuading you what to do, although you may be offered information to enable you to make your own decisions

ISSUES:

I work with people with a variety of issues including:

- bullying
- loss and/or bereavement
- lack of self-esteem or confidence
- sexuality and gender
- abuse: emotional, physical or sexual – current or previous
- alcohol and/or drug related problems
- eating disorders
- self-harm or suicidal thoughts
- self-growth and/or a wish for change
- difficult emotions including anger, jealousy, envy and shame
- depression and anxiety
- work or college related issues
- anything else related to your studies, work or personal life

FEALLSANACHD IS MODHAN OBRACH:

- Tha mi toilichte a bhith ag obair còmhla riut anns a' Ghàidhlig no anns a' Bheurla – an cànan as iomchaidh dhut fhèin
- Tha mi a' creidsinn gu bheil na fuasglaidhean aca fhèin aig daoine agus gur e an dleastanas agam fhìn a bhith gad chuideachadh ann a bhith a' sònrachadh is a' togail air an cuid neartan is ghoireasan
- Bidh mi ag obair còmhla riut thar ùine ghoirid no nas fhaide, mar as iomchaidh, airson do chuideachadh gus atharrachadh èifeachdach a thoirt gu buil

PHILOSOPHY AND WAYS OF WORKING:

- I am happy to work with you in either Gaelic or English – whichever is most appropriate for you
- I believe that people have their own solutions to their problems and that my job is to assist you to identify your own strengths and resources and to build on them
- I will work with you over a short or longer period of time, as necessary, to help you bring about effective change and/or enhance your wellbeing

Counselling is one of the 'talking therapies' and is sometimes called psychotherapy

A' CUR AIR DÒIGH:

Faodaidh tu fhèin fios a chur thugam no faodaidh tu bruidhinn ris an neach-teagaisg agad no ris a' mhanaidsear agad airson seisean comhairleachaidh a chur air dòigh

A' CHIAD CHOINNEAMH:

- Anns a' chiad choinneimh bheir sinn sùil air na cùisean a thug ort tighinn gu comhairleachadh, a' bhuaidh a th' aca air do bheatha agus dè tha thu ag iarraidh faighinn às a' chomhairleachadh
- Ma thig sinn gu aonta gum biodh e na chuideachadh nan dèanamaid coobrachadh còmhla ri chèile, thèid cùmhnant a dheasachadh eadarainn air àireamh de sheiseanan agus bheireadh sinn sùil air seo gu cunbhalach

REFERRALS:

You can either contact me directly yourself or you can speak to your tutor or your manager about seeking a referral to counselling

THE INITIAL MEETING:

- In the first meeting we will look at the issues which have brought you to counselling, how they are impacting on your life and what you want from counselling
- If we both decide that it would be helpful to work together, we will agree on a number of sessions and review this regularly

Tha comhairleachadh air fear de na 'leigheasan labhairt' air a bheil psychotherapy uaireannan

