

Groups and workshops

In addition to the regular individual counselling sessions, we also run various groups on issues such as Stress Management and Self Esteem. These groups usually meet weekly for an hour and a half, over three sessions. We also run longer term psychotherapy groups, eg for MSc, PhD and Undergraduate students. Places on groups need to be booked in advance; further information about these are posted on the website.

Counsellors also take part in a range of further activities across the School, such as giving talks on studying and surviving at LSE, and psychological issues in the task of writing.

We also run workshops on issues such as perfectionism, procrastination and being an international student. In summer we run workshops looking at different ways of thinking about exams; these provide a range of tools and coping strategies for managing exam stress and anxieties about performance.

Although we can help by looking at the stresses and challenges of academic work, we cannot provide specific academic help. There is a range of learning support available through TLC, including one-to-one tutorials with educational developers, as well as via Learning World on Moodle (<https://moodle.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 reception.

We will keep all information about you confidential within the team, which includes all counsellors working at LSE as well as the Mental Health and Well-being 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:

- Adam Sandelson (Head of Counselling)
- Paul Glynn (Senior Counsellor)
- Claire Barnes
- Peter Finn
- Bob Harris
- Chris Nancarrow
- Ohemaa Nkansa-Dwamena
- Teresa Schaefer
- Andrew Shorrock
- Monika Smolar



LSE Student Counselling Service

**Confidential and free
for
all current LSE students**

Tel 020 7852 3627

student.counselling@lse.ac.uk

**[www.lse.ac.uk/collections/Student
CounsellingService/](http://www.lse.ac.uk/collections/StudentCounsellingService/)**

**Teaching and Learning Centre
KSW.507
20 Kingsway
London WC2A 2AE**

Introduction

Welcome to the LSE Student Counselling Service. This is a confidential and free service, and is available for all current students at LSE.

The counselling service aims to enable students to cope more effectively with any personal or study-related difficulty that may be affecting them while at LSE. We are located in the Teaching and Learning Centre (KSW.507).

What is Counselling?

Counselling is an opportunity to talk with someone who is trained to listen and help you understand whatever difficulties are affecting you at this time in your life. The counsellor will try to think with you about what is happening in your life at the present time; often it can be helpful to talk about things with an independent person who is able to be more objective and non-judgmental.

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 the rest 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.

Who are the Counsellors?

Counsellors are professionally qualified and experienced, and are members of 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

In order to make an appointment, please use the form on the website, phone or come in to Reception in TLC. Counselling sessions can be booked from Monday - Friday 10am - 4pm 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 reception (KSW.507). All students are asked to provide basic contact information on a confidential client registration form, which can be downloaded in advance from the website.

As 20 Kingsway is not wheelchair accessible, alternative arrangements will be made for any student with a mobility impairment.

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, and the majority of students require less than five appointments.

Due to the limited nature of the LSE counselling service, our main provision is short-term counselling. We can however refer you to other sources of support should the need arise.

Drop in sessions

We aim to see all new clients as soon as possible, and can usually arrange an initial appointment in one or two weeks. In addition, we set aside a number of 20 minute Drop in sessions each day at 3.00 (apart from Mondays, when this is at 12.00). These are filled on a first come basis, and must be booked in person in the office (KSW507). These sessions offer the opportunity to have a brief discussion about the nature of any problems or issues, and are designed to offer information and a consultation for students suffering distress. Many students find it helpful to have a chance to talk about their difficulties and look at possible ways forward.

Website

The website has further information about the 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.