

# Objectives:

- To provide multicultural psychotherapeutic services (mainly short-term, approx. 8-16 sessions), suited to BME communities and the wider population
- To work alongside community networks so as to ensure cultural sensitivity and accessibility
- To link seamlessly with statutory services, including NHS, Social Services (Adults and Children & Family) and GPs so as to facilitate easy referral both ways
- To sign-post to other support agencies ensure continuation of care
- To continue to develop the service so as to meet BME community needs and facilitate access to other services and resources where these are available
- To research and collect evidence of the mental health needs of various BME communities in Devon
- To monitor and evaluate the service so that it remains relevant and responsive to need and operates effectively and efficiently.

## Counselling Services Ltd

We also design courses to meet your needs and provide a consultancy and training service.

### Training Services:

We run courses on all areas involving interpersonal skills, including:

- Stress Management
- Dealing with Harassment
- Managing Anger
- Active Listening Skills
- Dealing with Loss
- Preparing for Redundancy
- Preparing for Retirement
- Team Building
- Managing Change
- Dealing with Emotional Clients
- Group Work
- Supervision.



the essence  
of being  
human



# Ubuntu Counselling Services

[www.ubuntucounsellingservices.org.uk](http://www.ubuntucounsellingservices.org.uk)

## Aim of the Social Enterprise:

To provide a holistic and evidence-based, multicultural counselling service.

Suited for BME communities and the wider population across Devon and the South West.

Sign-posting and referrals to the culturally appropriate services working with local people where possible.

Based on the spirit of UBUNTU.

## Contact us

If you would like to contact **Ubuntu Counselling Services** to discuss or make a referral please contact us on:

**t: 01392 201572**

**e: [info@ubuntucounsellingservices.org.uk](mailto:info@ubuntucounsellingservices.org.uk)**

UBUNTU Counselling Services Ltd Company No 07362872

Registered Office: Wat Tyler House, King William St,  
Exeter Devon Ex4 6PD

# What is UBUNTU?

**Nobel Prize winner Archbishop Desmond Tutu offered a definition of Ubuntu in 2008:**

*“One of the sayings in our country is Ubuntu - the essence of being human. Ubuntu speaks particularly about the fact that you can't exist as a human being in isolation. It speaks about our interconnectedness. You can't be human all by yourself, and when you have this quality - Ubuntu - you are known for your generosity.*

*We think of ourselves far too frequently as just individuals, separated from one another, whereas you are connected and what you do affects the whole world. When you do well, it spreads out; it is for the whole of humanity”.*

Our clinical psychology students are in their final year, and are registered with British Psychological Society. The Devon Partnership Trust oversee the governance through the psychology dept by a senior Clinical Psychologist

[www.ubuntu-counselling-services.org.uk](http://www.ubuntu-counselling-services.org.uk)

## Who are we?

**UBUNTU Counselling Services** is a unique health and wellbeing social enterprise, specialising in practiced based evidence and evidenced based practiced Multicultural Counselling. Our service is rooted in the concept of **“UBUNTU”**.

**Faith Stafford** MA, MSc, Dip. Perf. Coaching is a BACP Senior accredited counsellor/psychotherapist and supervisor of individuals and groups.

Faith has over 38 years of training experience and 25 years of counselling experience and she is a member of the Board of Governors for the British Association for Counselling/ psychotherapy (BACP).

She has worked for *Relate* for 18 years, as a therapist and supervisor. During this time, she also completed an MSc in Counselling (Supervision & Training) and continued to offer training and run a private practice. She has trained counsellors at several universities, working to the level of senior lecturer and Programme Director. She has also gained a qualification as a Performance Coach, adding to her range of skills.

Faith and John are joined by associate experienced counsellors who are accredited. We also utilise volunteer counsellors who are working towards accreditation.

Our clinical psychologists students are in their final year working towards the doctorate qualification are registered with British Psychological Society (BPS). Devon Partnership NHS Trust oversees the governance of our service within the Psychology Department

**John Woolner** BA, MSc, (UKCP). Our Fellow Director is registered with the United Kingdom Council for Psychotherapy (UKCP) as a systemic couple and family psychotherapist. He has an MSc in couple and family therapy at the Institute of Family Therapy. He has worked for a GP surgery on behalf of parents concerned about children with behavioural and/or emotional difficulties, and been employed for an organisation working with men who have experienced sexual abuse.

For the past five years he has trained *Relate* graduates and post-graduates, supervised family counsellors and offered continuing professional development. He now also works as a trainer on behalf of the Institute of Family Therapy.

*Our practitioners are British Association for Counselling & Psychotherapy (BACP) registered/accredited or working towards their accreditation.*

*We are an Organisational Member of the British Association of Counselling and Psychotherapy (BACP) working towards accreditation.*

## How can counselling help?

We all experience times in our lives when the stresses and strains are difficult to deal with. These may include change, loss, discrimination, loneliness, relationship difficulties, redundancy, bullying, harassment – and many other situations. We may just want to be able to change our lives, and need support in doing that. Counselling can provide the space and support to help us get in touch with our own inner resources and also to find the healing we may need for emotional and psychological hurts we have suffered.

At **Ubuntu**, we recognise that people are all different and may need different counselling approaches.

We use a Humanistic Integrative approach, combining a number of counselling methods. Where we think that another service may be better placed to help a client with their needs, we will work to support clients to access that service. Where there may be cultural issues that get in the way, we will work with the client and the service concerned to try to overcome these.

If it helps to talk to us before making a referral, then please do so. We accept referrals from any source, including self-referrals.

**Faith Stafford**  
*Director of Counselling Services*