



## HOW TO ACCESS THE SERVICES?

If interested in availing of Counselling or Complementary Therapies via SEFF then please contact the SEFF office directly.

1 Manderwood Park, 1 Nuttfield Road, Lisnaskea.  
County Fermanagh, BT92 0FP

Tel: 028 677 23884  
Email: [info@seff.org.uk](mailto:info@seff.org.uk)  
Website: [www.seff.org.uk](http://www.seff.org.uk)

 SEFF Victims and Survivors  
and SEFF Lisnaskea  
 @SEFFLisnaskea

Charity Registered No: NIC100538 / Company No: NI606566

SEFF also delivers Counselling in partnership with Out of the Shadows (Richhill) MUVE Project (Cookstown) and South and East Tyrone Welfare Support Group (Moygashel) and Complementary Therapies to the above-named groups minus South and East Tyrone Welfare Support Group.

South and East Tyrone Welfare Support Group  
Project Coordinator: Iris Crawford  
Tel No: 028 877 26152



MUVE Project, Cookstown  
Project Coordinator: Gordon Kinloch  
Tel No: 028 867 63349  
Mobile: 07702 902823



Out of the Shadows  
Project Coordinator: Shirley Agnew  
Tel No: 028 38 879679



Families Acting for Innocent Relatives (FAIR)  
18 Mowhan Road, Markethill  
For further info contact;  
Molly Carson, MBE Project Manager  
Telephone: 028 37552619  
Mobile: 07954134220



## WHAT CAN SEFF OFFER YOU?

1. ONE COURSE OF FIVE SESSIONS OF THERAPY WITHIN A FINANCIAL YEAR.
2. CONFIDENTIALITY, PROFESSIONALISM AND QUALITY CARE.
3. USERS OF THE SERVICE WILL RECEIVE A CONSULTATION PRIOR TO ANY TREATMENT COMMENCING ENSURING THAT;



- (a) The treatment is most appropriate for the physical or psychological needs of the individual victim/survivor.
- (b) That there is no health condition/concern which would debar someone from availing of a particular therapy.

**Cost:** Recommended donation of £25 for 5 sessions of treatment which will help cover the costs of the shortfall between funding obtained and the cost of the therapies to SEFF.

To indicate your interest in any of the therapies on offer please contact the SEFF office on: 028 677 23884 or if a non-SEFF member then contact the local partner group to which you belong (listed on the back of this flyer) A Health and Wellbeing Caseworker will then be in touch with you to assess and refer you appropriately.

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**SEFF**  
SOUTH EAST FERMANAGH  
FOUNDATION

**VSS** VICTIMS &  
SURVIVORS  
SERVICE

## SEFF's HEALTH AND WELLBEING SERVICES



Tel: 028 6772 3884 / 6772 2242



[info@seff.org.uk](mailto:info@seff.org.uk)



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



# COUNSELLING THERAPIES

There are a range of different types of  
**COUNSELLING AVAILABLE.**

At SEFF we have assembled a team of Counsellors who are best placed to deal with the diverse yet specific needs of victims and survivors of 'the Troubles.'

The Counselling offered at SEFF is an integrative approach and is based upon the principle of working with the individual and developing a process that best meets their needs.

Our Counsellors are competent in approaches such as, CBT (Cognitive Behavioural Therapy) EMDR (Eye movement desensitisation and reprocessing). Person centred and many others, utilised as per the needs of the individual.

Appointments are offered on a weekly basis for whatever period support is required. Typically Appointments will last 50 minutes.

SEFF often combines Counselling support with other services such as; Befriending, Complementary Therapies, SEFF's call support service which now operates four mornings per week (Mon-Thurs), physical and emotional health and wellbeing projects etc. The Counsellor in conjunction with the user of the service will agree a package of support which will best support the individual throughout and beyond the Counselling sessions.

An example of areas where the Counsellor can provide support:

- \* Trauma related to the Northern Ireland Troubles
- \* Relationship problems
- \* Unemployment
- \* Domestic violence
- \* Bereavement
- \* Addiction-based issues

## SEFF'S COUNSELLING TEAM

Anna Frith FdSc Counselling BA MBACP NCS (Accred) BACP Accred. (Based from locations throughout County Fermanagh and Clogher Valley)

Rodney Sharpe Adv. Dip. Couns. M.N.C.S. (Acc) (based from MUVE Project, Cookstown)

Raymond Farrell BSC Hons Specialist practice CBT, Counselling Dip. Accred with NCS and NACC. (based from Out of The Shadows Group, Richhill and West Tyrone Gateway service, Newtownstewart)

Briege Reynolds BSC counselling and Psychotherapy; Diploma in CBT; EMDR; Certificate in Couples Counselling and Clinical Supervisor (based from SEFF offices, Lisnaskea and Enniskillen)

Gary Powell Assoc. Psychotherapist, M.NCS (accred), Pg. Dip. LL.B. Hons. Dip. Couns, AVR Acc. Mem. (based from FAIR, Markethill and SaETWS, Moygashel)

Jo-Ann Beatty Counsellor BA MBACP Integrative Counsellor (based from SEFF offices, Lisnaskea)

Anna Waterworth BA Hons, Dip. Counselling, Dip; Children's Counselling, BACP Accred; Psychodrama Psychotherapy; (based from South Down Gateway service, Rathfriland) and Clinical Coordinator/Administrator.

Please contact Anna for all initial counselling referrals on 07395 790080 or email: [anna.waterworth@seff.org.uk](mailto:anna.waterworth@seff.org.uk)

Appointment times are agreed between the Counsellor and victim/survivor receiving the support.

The Counselling Service within SEFF will also be running peer support groups to individuals. These group sessions will provide opportunities for individuals to connect with other members impacted by PTSD. The group sessions will also provide members with psychoeducation on both the physical and emotional impact of trauma on the body and mind.

Bereavement groups will also be provided to individuals within SEFF. These sessions will be facilitated to members who have been bereaved, to help them understand their grief and learn how to cope with their loss.



SEFF offers a diverse set of

## COMPLEMENTARY THERAPIES

designed to contribute to improving the physical and emotional health and wellbeing of our members and service users.

We have in place a team of therapists who have skill-sets which mean that they are competent to best work with and support victims and survivors.

Therapies offered are:

- \* Aromatherapy & Indian Head Massage (Gordon Hayhurst)
- \* Reflexology (Gillian Johnston)
- \* Swedish Massage (Sandra Johnston)

\*\*The above treatments are offered in SEFF's set-aside therapy room.

- \* Hopi Ear Candle (Ruth Watson)
- \* Health Kinesiology (Marilyn Robinson)
- \* Physiotherapy (Fermanagh Physio Plus Pilates - Nicola McCullagh-Daley)

\*\*The last three treatments are offered within the Business/Individual's own treatment studio.

Meanwhile Sandra Johnston is the therapist appointed to provide therapies on an outreach basis in Cookstown (through The MUVE Project) and Richill (through Out of the Shadows) and Markethill (through FAIR).