

SEFF's Counselling Service covers a diverse array of support areas which few of us will escape over the longevity of our lives. This is not an exhaustive list.

- Depression/low mood Anxiety
- Grief and loss
- Trauma, PTSD, CPTSD
- Relationship problems
- And many more

WHAT IS PTSD?

Post-traumatic stress disorder (PTSD) is a mental health condition caused by very stressful, frightening or distressing events. Someone with PTSD often relives the traumatic event through nightmares and flashbacks, and may experience feelings of isolation, irritability and guilt, difficulty sleep or concentrating, and these symptoms persist longer than a month after the traumatic event.

WHAT IS C-PTSD?

Complex PTSD may be caused by experiencing recurring or long-term traumatic events, for example:

- childhood abuse or neglect
- domestic violence
- sexual abuse
- War, terrorism or violence

To learn more about the symptoms of PTSD and C-PTSD please visit www.ptsduk.org

CONFIDENTIALITY - YOUR PRIVACY MATTERS

What you share with your counsellor stays between you, them, and the SEFF Clinical Team.

However, there are rare circumstances where we may have to share information to keep you or others safe, such as

- If you disclose intent to commit a crime or specific details of a serious crime, current or historical.

- If you are at risk of harming yourself or someone else.
- If you disclose harm or risk of harm to a minor

In these situations, we will always try to discuss this with you first, and may contact your GP, Social Services, or the PSNI in line with safeguarding legislation.

AVAILABILITY

Our Talking Therapies service offers flexible session times to fit around your commitments.

GETTING STARTED

To make a self referral or to find out more:

Call: 028 677 23884

Email: counselingreferrals@seff.org.uk

Visit: www.seff.org.uk

Please note: SEFF do not provide a crisis support service, if your need is urgent please contact your GP, emergency services, or Lifeline on 0808 808 8000



SEFF - Supporting, Empowering, Fair and Focused

Formed in Fermanagh on 15th August 1998 (the day of the Omagh Bomb), SEFF is a charity working with and on behalf of innocent victims and survivors of terrorism and other Troubles-related violence irrespective of their denomination or ethnicity across Northern Ireland, Great Britain, and the Republic of Ireland.

Contact Details:

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Website: www.seff.org.uk

Social Media:



SEFF Victims and Survivors



SEFF Lisnaskea (Community)



@SEFFLisnaskea



SEFF - Originally founded as South East Fermanagh Foundation on 15th August 1998.



WELCOME TO SEFF'S COUNSELLING SERVICE



At SEFF we've brought together a skilled, compassionate team of Counsellors who understand the unique challenges faced by Victims and Survivors of the Troubles. Our funded Talking Therapies service offer help that's personal, practical, and built around your needs.

Our approach is integrative - we don't believe in "one size fits all" therapy. Instead, we take time to listen, understand, and shape a process that's right for you.

Counselling is free of charge, we just ask that you are a paid up member of our organisation, or a member of a partner organisation in order to avail of the service.

Email: counselingreferrals@seff.org.uk

SEFF is a Company Ltd by Guarantee (NI606566) and is also registered as a Charity (NIC100538)

OUR COMMITMENT TO YOU

We are an Organisational Member of the British Association for Counselling and Psychotherapy (BACP).

This means:

- We adhere to the BACP Ethical Framework.
- We provide safe, ethical, and professional counselling.
- We place your wellbeing at the centre of all we do.



STARTING THERAPY

Starting therapy can feel daunting, especially if it's your first time. Many people worry that talking about things could make them feel worse or feel unsure about opening up to someone they don't know. That's completely normal.

At SEFF:

- You set the pace —there's no pressure to share more than you're ready to.
- You are always in control and are free to direct counselling sessions with the support of your counsellor
- We work with you to make the process feel safe and supportive.
- Your counsellor is there to listen without judgement.

Your feelings are valid, and our job is to help you feel supported from the very first step. Our clinical team are available to talk through any concerns you may have and explain the process in more detail.

THE CLIENT JOURNEY - WHAT TO EXPECT

1. REFERRAL

You can self-refer to SEFF or be referred by a GP, support worker, or another professional.

2. ASSESSMENT

Our Clinical Team will contact you to arrange an appointment for a triage assessment. This is normally conducted via telephone or online and lasts about 30-45 minutes. At this appointment we will assess your suitability for counselling (most people are suitable for counselling with SEFF, with a few exceptions, such as being engaged in psychological help elsewhere). We will explore goals and aims for therapy and answer any questions you may have about the process.

3. MATCHING YOU WITH A COUNSELLOR

Based on your needs, we'll match you to a counsellor with the right skills and experience. We offer sessions face-to-face, online, or by telephone - whatever is most comfortable and accessible for you.

4. YOUR COUNSELLING SESSIONS

You'll work with your counsellor at an agreed pace. SEFF are funded to offer up to 12 counselling sessions at any one time, although this can sometimes be extended at the request of your counsellor and where appropriate. Your counsellor will review progress at regular intervals to ensure you're getting the right support.

5. ONGOING SUPPORT & REFERRALS

If at any stage we feel additional or specialist support would be beneficial, and you agree, we can signpost or refer you to other services such as local HSC Trust Services or the HSC Regional Trauma Network Psychological Services Team.

TYPES OF THERAPY WE OFFER

SEFF proved a range of evidence-based therapeutic approaches, chosen to match your particular needs:

INTEGRATIVE COUNSELLING

Brings together different techniques (such as person-centred, psychodynamic, and cognitive methods) to create a flexible, tailored approach.

EMDR (EYE MOVEMENT DESENSITISATION AND REPROCESSING)

A highly effective therapy for trauma and PTSD, helping the brain to safely reprocess distressing memories so they lose their emotional intensity.

INDIVIDUAL SYSTEMIC THERAPY

Looks at how relationships and social systems (family, community, work) impact your wellbeing and helps you find healthier patterns of interaction.

TRAUMA-FOCUSED APPROACHES

Specialist interventions designed to help you process traumatic experiences in a safe and structured way, reducing symptoms like flashbacks, anxiety, or hypervigilance.

CBT (COGNITIVE BEHAVIOURAL THERAPY)

Focuses on identifying and challenging unhelpful thought patterns and behaviours, replacing them with healthier, more constructive ways of thinking.

THE REGIONAL TRAUMA NETWORK

SEFF is part of the Regional Trauma Network (RTN). The RTN was created to better address the long-term consequences of the Troubles on the mental (and physical) health of our population. This partnership allows us to make appropriate referrals to the RTN Teams within each Health Trust, and allows them to refer into SEFF for our range of services, providing a more holistic service for Victims and Survivors overall.