

# Early Pregnancy Loss Counselling

## What is counselling and how can it help me?

Early pregnancy loss counselling is particularly for women and their partners, when the loss of a baby has occurred, regardless of the circumstances and can be up to 20 weeks of pregnancy.

It provides a private and safe space to talk about what has happened, where you can freely express your feelings and emotions. This is achieved by giving you the time and space to talk with someone who has been specially trained in working with grief and loss.

Counselling may help you through your grief, as well as perhaps learning new ways to cope with daily life and support you through this most difficult time.

## What happens during a counselling session?

At your appointment, you'll be encouraged to talk about your feelings and emotions with a trained therapist, who'll listen and support you without judgement or criticism.

The therapist can help you gain a better understanding of your feelings and thought processes. Initially, there will be a short assessment, the counsellor will explain what will happen and take down your personal details.

Talking about your experience can often be distressing. The counselling environment is a safe place for you to express how you truly feel.

The counsellor will arrange to meet with you for a series of counselling sessions, and each session will last for approximately 50 minutes. The number of sessions will be discussed between you and your counsellor, but typically can be between 6 to 12 sessions.



Counselling will take place in the Counselling Room, Women's Out-patient Department, Saint Mary's Hospital, Monday to Friday, between 9.30 am - 4.00 pm. Occasionally later appointments may be arranged.

## Professional code of practice

The counsellor is a fully qualified member of the British Association of Counselling and Psychotherapy (BACP), with over 10 years of experience working with individuals and couples when pregnancy and baby loss has occurred. The counselling provided is 'person-centered' which means you will be offered counselling that helps you make sense of the way you are feeling, that is based on the counsellor being authentic, non-judgmental and empathetic.

## What happens next?

If you feel that counselling may help you, then you can call us on:

**(0161) 276 4319** – to ask for a counselling referral.

There may be a short waiting list to see a counsellor and we will try to give you an approximate time as to how long the wait to see a counsellor will be.

## General information

If you decide that counselling is not what you want right now, you can contact us at a later date. We would be happy to make an appointment for you then, or offer you additional support or information such as signposting to other organisations.

## Useful addresses

Should you require any additional information or help please contact:

### **The Miscarriage Association**

(01924) 200 799

(Monday - Friday, 9.00 am - 4.00 pm)

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

### **The Ectopic Pregnancy Trust**

020 7733 2653 (voicemail out of office hours - will call back)

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

### **Chaplaincy and Spiritual Care**

(0161) 276 8792 (Oxford Road site) Or (0161) 291 2297 (Wythenshawe site)

Out of hours - call the hospital switchboard and ask for the on-call Chaplain:

(0161) 276 1234 (Oxford Road site) (0161) 998 7070