

How Counselling helped me

“The MS Specialist Counselling service at the Centre has been a huge help to me. The Counsellor has a very good understanding of MS and I think this is really important. Dealing with the physical aspects of MS is far easier for me if I can cope with the emotional aspects.

When friends or family ask how I am, like a lot of people living with a long term health condition I'm very good at saying "I'm fine, thanks" when sometimes I can be feeling quite the opposite. So it's really good for me to have a confidential environment where I can be completely honest about how I'm feeling.

I would urge anyone with a new diagnosis of MS or a longer term diagnosis to access the counselling service – I feel so much better for it.

Arlene , KMSTC Member



About us

The Kent Multiple Sclerosis Therapy Centre is an independent local charity.

We provide a wide range of information, support and therapies aimed at improving symptom management and quality of life for people with MS and their carers.

Our core therapies include: Physiotherapy, Gym and Group Exercise, Hydrotherapy, Hyperbaric Oxygen Therapy, Counselling and Nutritional Advice.

Within our brand-new purpose-built centre we also offer a much wider range of complementary therapies such as Yoga, Reflexology, Indian Head Massage, Body Massage, Hot Stones Massage, Hand Massage, Acupuncture, Hypnotherapy and Facial Reflexology.

Anyone wishing to use the centre is invited to become a member for a small annual fee. Membership enables people with MS to have full access to all of the centre's services – some are free, for some we request a small donation.

Kent MS Therapy Centre

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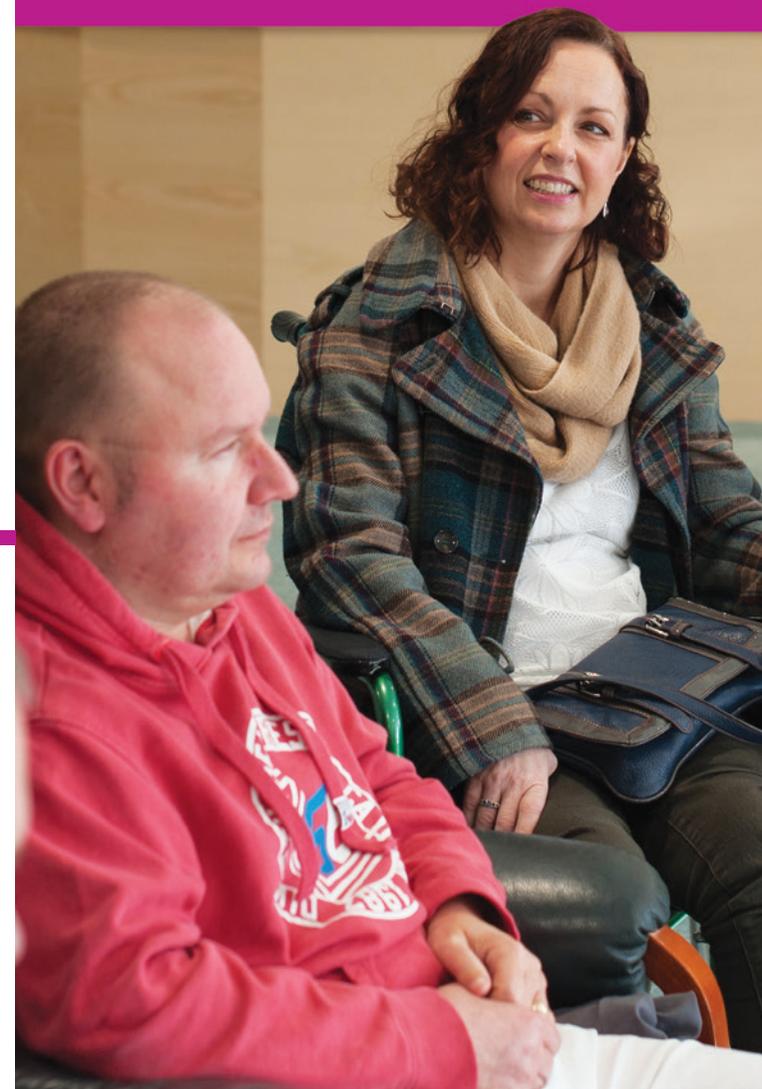
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Counselling

www.kentmstc.org



What is Counselling?

Counselling offers a place to talk about your feelings and concerns, helping you make sense of what is happening in your life.

There are many reasons for a person to choose to see a counsellor, such as:

- Shock regarding news of MS
- Difficulty adjusting to change
- Bereavement
- Relationship
- Feeling depressed or low in mood

It can be a great relief to talk with a skilled, qualified counsellor, and to be able to share your worries and fears with someone who will help you reach a solution.

About the treatment

The Centre has a fully qualified and experienced counsellor who fully understands MS.

Counselling can be offered through a variety of channels such as your GP surgery, an MS Specialist Nurse, or by self-referral.

Following your referral you will be informed of approximately how long it will be before you are offered an initial appointment.

Following an initial assessment with a counsellor, you may be offered a single session of counselling, a short-term course for a few weeks, or a longer-term contract for several months.



Counselling and MS

Counselling can be helpful in finding ways to cope with the uncertainties and unpredictable nature of MS as well as adapt to continually changing symptoms.

Many find that counselling can also help to deal with depression, a symptom commonly linked to MS. It can help with improving self-esteem, and finding coping mechanisms to assist with the day-to-day problems of living with a long-term condition.

Counselling may also be of value to those who are close to the individual with MS.

