

Resource Sheet



Counselling Services

This resource sheet highlights a selection of counselling service providers and support material for those involved in sourcing support for staff.

Some providers specialise in psychological support services for workers based in high stress or potentially traumatic situations. Others offer wider staff welfare provision in the form of Employee Assistance Programmes (EAPs) and may cover: travel medical services (e.g. pre-departure and post-deployment medical check-ups, vaccinations, provision of anti-malarial and nets etc); psychological support during and after deployment; occupational health services; career counselling.

The list is not exhaustive and People In Aid does not recommend specific websites, publications or organisations offering services or support. Every reasonable effort has been made to ensure the accuracy of the material offered, however, we cannot be held responsible for any adverse outcome of using it or engaging the services of external agencies. All contact details are correct as of May 2007

| Organisation | Specialist Area |
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| Amani Counselling Centre Nairobi | “A non profit making organisation which provides counselling services to Individuals, Couples and families seeking help in solving their psychological or psycho-spiritual problems regardless of race, sex, creed or community. Christian Missionaries who cared for people with mental problems established it in 1979. The institute is staffed by a group of professional therapists qualified and supported by on going in-service training & supervision guided by moral principles and ethics of counselling in order to maintain a high standard of service.” (taken from NGO council website) |
| mkskenya@wananchi.com | |
| Center for Humanitarian Psychology (Geneva) | “Provides psychological support to humanitarian workers in the field and works through a network of professionals who are both psychologists and familiar with humanitarian work, trainers, partners and volunteers, in Europe and in the field.” |
| http://www.humanitarian-psy.org | |
| CiC – Supporting Organisations | CiC provides Employee Assistance Programme (EAP) services, including both telephone and face-to-face counselling, as well as on-site training, consultancy, stress audits, wellbeing programmes and critical incident response. Backed by a global network of expert clinicians, CiC specialises in supporting those who work in hostile environments, including aid workers , war reporters, human rights researchers and emergency services personnel. |
| http://www.cic-eap.co.uk/ | |
| Headington Institute (USA and internationally) | “Provides psychological and spiritual support to relief and development workers worldwide. Services include: Training workshops and education materials to help humanitarian workers understand and cope with traumatic stress; Counselling; Orientation and debriefing; Consulting on effective staff care strategies. Also have a register of counsellors around the world interested in working with humanitarian workers.” |
| http://www.headington-institute.org | |

| Organisation | Specialist Area |
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| ICAS | Offer well-being and employee assistance programmes (EAP); behavioural risk management and critical incident support globally. |
| http://www.icasgroup.com | |
| InterHealth (UK) | InterHealth travel medical clinic also offers travel medical services, psychological health and occupational health services and works with a number of UK based INGOs. Also offers InterChange which is an adult careers consultancy offering the opportunity to discuss career options, identify strengths, interests and transferable skills and explore new ideas for work or learning. |
| http://www.interhealth.org.uk / +44 (0)20 7902 9000 | |
| Membercare | <i>Member Care Network Briefings</i> are sent three times a year, and includes updates and analyses regarding member care international community. Briefings include information on consultations and training events, practice guidelines on a range of topic such as managing stress, a brief piece on affiliations for member care workers.....(click above to read the latest <i>Briefing</i>) |
| http://www.membercare.org/ | |
| Personal Performance Consultants (PPC), | A global EAP provider offering counselling, management training and personal coaching |
| http://www.ppc-international.com / 0800 282 193 (UK) or +44 1865 397 497 (outside the UK) | |
| Penhurst Retreat Centre | Ecumenical Christian retreat centre. |
| http://www.penhurst.org.uk | |
| Global Development Group – G3 (worldwide) | Offer services in information technology, human-resource management and international trade services to governments, international development agencies and NGOs. Includes: Psychosocial Support and Trauma Counselling, Global Health Insurance. |
| http://www.globaldev.org/main.aspx | |

For additional information please see our Information Note on Careers which lists careers counsellors, some of whom offer wider counselling and coaching services.