

## the **pluspoint** project

the **pluspoint** project offers professional help through psychotherapy for people affected by hiv experiencing emotional problems, stress or other difficulties.

- The therapists have either completed their three-year postgraduate training and are fully accredited members of the United Kingdom Council for Psychotherapy (UKCP) or are late stage students working towards full accreditation. All are professionally supervised and fully insured.
- The sessions take place at a number of locations across London.
- Interested clients are invited for an introductory chat. If therapy is mutually agreed, the client will be expected to attend weekly sessions for at least three months.

the **pluspoint** project was set up to meet the needs of people who are affected by hiv.

- The focus of the therapy is very much on the here and now rather than on the past. There is a refreshing absence of jargon and no-one will be expected to lie on a couch!
- For the purposes of assessing a client's eligibility, the definition of those "affected by HIV" includes the sero-negative partners, friends or families of those diagnosed with HIV.

the **pluspoint** project offers affordable psychotherapy services to people affected by hiv.

- The therapists are volunteers and any contributions we ask are to pay for the running costs of the service.
- The client's circumstances are taken into account before arriving at a mutually acceptable donation and no-one is refused therapy on the grounds of cost alone. The most you will be asked to pay is £10 per session.

