

Can I Support the Counselling Work?

Yes, and we welcome this. Our experience shows that the most helpful thing a parent can do is to show an acceptance of counselling as a normal and useful activity. You may show an interest if your child's wishes to talk about it, but not to press them if they don't.

It is always our hope that talking with a Counsellor will lead to greater openness with parents and families.



If My Child Wants to See a Counsellor, Does That Mean I Am Failing as a Parent?

Absolutely not! We all experience occasions when it feels hard to speak to those closest to us about things which are bothering us. Often this can be because we don't want to worry those we love, or because we want help thinking things through with someone else outside of the family. The Counsellor will not be judging you or your child, but looking to help your child find their way through whatever is troubling them.

How to Make a Referral

1. Referrals can be made through a member of staff at school.
2. Young people can make a self referral (see *Information Leaflet for Children and Young People*).
3. The request may come from a parent or carer (with the child's prior consent).
4. Referrals can be made by other professionals involved in the young person's care.

For further information contact:
Sarah Ellis, Principal Educational Psychologist
Tel: 01443 866618

Email: schoolcounselling@caerphilly.gov.uk

Educational Psychology Service -
School Based Counselling Team
Caerphilly Borough Council
Learning, Education & Inclusion
Penallta House
Tredomen Park
Ystrad Mynach
Hengoed CF82 7PG

All the information provided will be processed in strict confidence in accordance with the Data Protection Act (1998).



**SCHOOL BASED
COUNSELLING SERVICE**



**Information Leaflet for
Parents and Carers**

What is Counselling?



An opportunity to talk about things that are of concern, to your child, in confidence, with a qualified Counsellor. What is spoken about will depend on your child, but common themes may be stress, relationships, change, loss and distressing or traumatic events.

It is your child's decision if they take up the offer of counselling.

What Does a Counsellor do?

Counsellors are trained to listen without judging and to help people sort out their thoughts and feelings about whatever is concerning them.

They are professionally qualified with experience of working with children and young people.

All Counsellors adhere to the Ethical Framework for Good Practice in Counselling & Psychotherapy, published by British Association for Counselling and Psychotherapy (BACP).

How Does This Differ from the Support Your Child Already Has?

School counselling is an intervention delivered by a specially trained person who receives clinical supervision, and is practising with accountability, confidentiality and continued professional development.

Why Have a Counsellor in School?

A school based service brings counselling to children and young people in a place that is familiar, safe and secure. Some children and young people who are able to receive emotional support from a qualified professional may find that they have greater opportunity to fulfil their potential.

A private room is made available in your child's school day. Sessions last up to 50 minutes (times may vary).

Community venues will also be available.

Is It Confidential?

The information discussed in the counselling sessions is treated confidentially. Counselling is a time when it's okay to talk about concerns without fear of them being discussed elsewhere. This includes not discussing the work with parents, unless the child or young person requests or gives consent for this. This can be hard for parents to accept at times, but ensuring the confidentiality of the work is crucial for establishing trust so that your child feels confident to speak openly and freely about what is concerning him/her.

The only time when this is not possible is when the Counsellor feels your child or another person is at risk of harm.



What if I Don't Want My Child to Receive Counselling?

If a child or young person requests counselling and is able to understand what is involved in the process, then they have the right to access counselling. Parents and carers may not deny them this right. We would, however, prefer that we have your support for the work, and we are always happy to talk with you about any concerns that you may have about the idea of counselling.