

## How Can I Support the Counselling Work?

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 find that as a result of counselling your child will want to express and explore what they have been experiencing. However some children will not want to talk about counselling and this is equally as natural.



## What does it mean if my child wants to see a counsellor?

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 be looking to help your child find their way through whatever is troubling them.

Mae'r ddogfen hon ar gael yn Gymraeg, ac mewn ieithoedd a fformatau eraill ar gais.  
This document is available in Welsh, and in other languages and formats on request.

## How to Make a Referral

Referrals can be made through a member of staff at school.



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

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).



## PRIMARY SCHOOL BASED COUNSELLING SERVICE



## Information Leaflet for Parents and Carers

## What is Counselling?



An opportunity to talk, play and explore 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 worries, 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 your child work through their thoughts and feelings that may be causing them concern.

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 & HPC)

## 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 primary school 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).



## 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.

