

## Confidentiality

Counselling sessions are confidential and private. Counselling is a time when it's okay to talk about concerns without fear of them being discussed elsewhere. Ensuring the confidentiality of the work is crucial for establishing trust so that each child feels confident to speak openly and freely about what is concerning him/her.

There may be times when confidentiality will be broken if the Counsellor feels the child, or anyone else is at risk of harm. Where possible, this will always be discussed with the child first. Otherwise any feedback from the Counsellor will be of a general nature.



## Why Have a Counsellor in School?

A school counselling 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.



For further information contact:  
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### **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).



Llywodraeth Cymru  
Welsh Government

## PRIMARY SCHOOL BASED COUNSELLING SERVICE



## Information for School Staff

## What is Counselling?

- Counselling offers a place for children to meet with someone they can trust in a safe and comfortable environment
- It is somewhere to talk, play and explore anything that may feel confusing or worrying
- It is a place where children and young people will be listened to and taken seriously, without judgement

## What Does a Counsellor Do?

Counsellors are trained to listen without judging and to help children work through their thoughts and feelings that maybe 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 as set out by British Association for Counselling and Psychotherapy (BACP) or Health Professions Council (HPC).

This form is also available in Welsh. It is also available in other languages or formats on request.

## Who can I refer to the counselling service?

Year 4-6 pupils with issues regarding:

**Bullying, Family Separation/Divorce, Bereavement, Family Illness**

### Referral Process: Overview (Detailed Flowchart Available)

