



Chancellor Park School Counselling Service

Parent/Child Responsibility

All parents/carers have the responsibility of helping their child to grow and develop. Children may need help with their problems and worries. Sometimes, no matter how well they get on with their parents, they may find it hard to talk to them.

Children often get help and support by talking to someone they trust, such as friends, teachers, a relative or neighbour. Often having a problem can affect a child's behaviour and progress/achievement in school. A school counsellor can often with help with this.

How can counselling help?

Counselling provides the opportunity for children to talk about things that are concerning them. Counsellors are good at relating to children and are trained to listen without judging them. Counselling can help children to improve confidence, the way they feel about themselves and to think about issues in a different way.

What issues can be discussed.

At the session children can talk about anything. Anything that they feel is bothering them, or simply feelings that they may just wish to release.

Issues such as Stress, Anxiety, Bullying, Self-harm, Bereavements, Family break-ups, Relationships, Pressures, Friendships, Confidence, Coping mechanisms, Anger etc.

Why counselling at school?

At Chancellor Park, we understand the pressures that young people often have to endure. Counselling can help young people to build resilience which they can use in everyday lives.

We offer counselling in school to our students so that this service is more accessible to them. We can therefore be more proactive in helping students to look after their health and wellbeing.

Is there a confidentiality agreement?

The counsellor will not discuss what a child has said to them in the sessions to either the parents or teachers, unless they feel at any time there is a safeguarding issue.

If they feel there is a concern for the child or someone they know may be at risk or harm the counsellor will need to inform a school staff representative in the first instance. External agencies and parents/carers may be contacted to ensure their safety and wellbeing.

Will parents/carers be informed?

Children who ask for counselling and are capable of fully understanding what is involved, may receive counselling without permission from a parent/carer. This confidentiality is crucial for establishing trust

between the counsellor and pupil so they can speak freely about their concerns. If you have strong feelings about this, please let us know.

How does my child get to see the counsellor?

YOU may ask a member of staff to refer your child for counselling or we may recommend your child. Alternatively, children can refer themselves by speaking to their class teacher who can refer them.

How can a parent/carer support the counselling?

It will help your child if you accept counselling as a normal and useful activity and show an interest if they want to talk to you about it. If your child chooses not to talk about it, that is their choice and they shouldn't be pushed to talk.

Is counselling voluntary?

Yes, it is completely voluntary.

How long will it last and when will it take place?

The number of sessions depends on the issues discussed but most areas are covered in around 6 sessions. If we feel your child needs further sessions you will be advised that they are continuing. Sessions will take place during lesson times and will last between 30-45 minutes.

Is there a cost?

There is no cost for counselling. This is a service that the school offers free to ALL students and staff.

How do I find out more?

To find out more please contact Mrs Mills regarding this service. Requests/referrals will be prioritised.

Who is our school counsellor and what will my child be doing?

Our school counsellor is Mrs Wright. Mrs Wright has an Advanced Diploma in Counselling and Psychotherapy services and has previously worked for the NHS and family charities.

She has attended additional courses in Child and play therapy to support her continued learning. She is a member of the BACP (British Association of Counselling and Psychology) and accredited with the NCP (National Counselling Society)

Her principle role in school will be to assist children in realising their full potential and helping them deal with life's ups and downs.

Mrs Wright will use a suitable therapy for your child. Each child is different and many children react well to expressing themselves through 'Play' or 'Art therapy'. Mrs Wright is experienced in working with families and uses an Integrated approach to therapy incorporating whatever is suited best to the child. CBT (Cognitive Behavioural Therapy) and Person-Centred Therapy are often very useful within a school setting.