



Building Character. Shaping Futures.

Counselling?

Student Guide

How will I know if Counselling is right for me?

You can meet the counsellor for one or more sessions to find out for yourself. You can ask questions, and see how you feel the counsellor will talk to you about where and when to come and how often you will meet. Counselling is voluntary. You have the choice to come or not. Whatever you decide will be OK.

My problems and worries are private. Will other people know what I have talked about?

No. What you talk about is confidential. That means it's between you and the counsellor. It's your time and your space to be with someone who is there for you and nobody else. Obviously if you want to talk to anyone else about what you have discussed in the counselling session that is up to you. The counsellor will keep confidentiality unless you are at risk of harm, she may then need to talk to someone else to help keep you safe, but will always try to talk with you about this first.

Will anything be written about me?

Keeping information, about people, safe and confidential is very important. The counsellor will make some notes about what has been talked about in the session. These are kept safely in a locked filing cabinet. All information written and discussed is private and confidential unless there is an agreed or overriding need to share this information in your best interests. The counsellor presents her work to a counselling supervisor regularly. This experienced professional checks that the counsellor is working well with you. Neither your name, nor your school is mentioned.

How do I get to see the Counsellor?

Someone may have suggested it to you, or you can begin by talking to a member of staff that you trust. This may be your form tutor or head of house. You can come to counselling without your parents being informed. A request for counselling is managed by June Nancarrow, who will refer you to Anna Bassett as soon as possible. After you have finished your counselling you will be sent an evaluation form that you can complete.

This form is anonymous, unless you choose to put your name on it. The feedback you give will let us know how well we are helping the young people that we see. If you have any concerns or complaints you are welcome to either speak with Anna Bassett or to June Nancarrow.