

CWS - Student / Parent / Carer Information on the Folio school counselling Service Years 9-12

There are times in our lives when we all need someone to talk to and growing up having to deal with different situations that we have never experienced before can be tough. Knowing that you have someone to talk to in a non - judgemental confidential space can be a great help especially if you find it hard to speak to your parents and maybe even your friends. Maybe you feel vulnerable or think no one wants to listen, the school counsellor is here to listen and help you find solutions to help your situation.

How is speaking to the school counsellor different from speaking to your family or friends or teachers?

- The counsellor is fully qualified in their field, with years of experience working with young people in schools.
- Speaking with friends and family can be difficult sometimes as friends and family already hold bias, but working with a fully qualified therapist, you're almost like a blank canvas. The therapist holds no bias as they do not know you and this makes it easier for the student client to be and feel heard.
- Everything shared within the counselling session is strictly confidential, the sessions take place within a confidential space and a non judgmental environment. No matter what the situation, these sessions are about helping you through your journey from your perspective, looking at the presenting issues from different perspectives to help you make good decisions to create a positive change.
- The counsellor does not give advice or tell you what to do, but will help you navigate your way through your challenges within a non – judgemental confidential space.

What are the benefits of seeing the school counsellor?

- Can help you hear your thoughts from a different perspective
- Help you cope with your feelings
- Learn coping strategies and create a tool box to help deal with stress, anxiety and low moods.
- The counsellor will not blame or shame you.
- You can see the counsellor within school hours.
- A place to off load
- Help you gain a deeper understanding of yourself and others
- Helps you make good choices to create positive changes
- Improves your confidence and self-esteem.

Will the school counsellor tell my parents/ carer or teachers what I have said in the counselling session?

No. Everything that is said in the counselling session is totally confidential. The only time that the counsellor would share information or break confidentiality is if you express that you or someone else is in danger of emotional or physical harm. The counsellor will discuss the situation with you to explore the best way forward. The counsellor has a **duty of care** to all the students they work with which means they may need to share the information for your safety and the safety of others. This is explained in depth within your initial assessment

If I want to see the school counsellor who do I speak to?

You can refer yourself for student counselling if you are 14 and over without informing your parents/ carers, all you would need to do is speak to your year leader / Mrs Lattimore, and they will make a confidential referral to the counselling service. You are also more than welcome to go and see the school counsellor, introduce yourself and give a brief overview of the presenting issue and get a feel for the service. After this you are likely to be offered an appointment which will lead to exploring if counselling is for you, you will be placed on the schedule to complete a batch of sessions for the period of six weeks within a confidential space (the school counsellors office) where you won't be disturbed.

Seeing a counsellor may be your idea, or your parents/carers or a teacher might suggest that this may be good for you. You don't have to decide straight away. You can meet the counsellor first, to ask questions and find out more. Counselling is voluntary - it's your choice, and whatever you decide is OK.

What can I talk about with the school counsellor?

Whatever is on your mind, problems, decisions, worries, and changes. It could be lots of different things

- Anxiety, low mood,
- Lack of focus and motivation
- Making friends, relationships,
- Parents separating,
- Losing your temper (anger management)
- Getting into trouble at home and at school,
- Teasing and bullying,
- Questioning Sexuality
- Transgender
- Bereavement -losing someone special,
- Mixed-up feelings
- Health worries,
- Exams, coursework and more.....

All these things can affect how you feel and how you behave. We are not our behaviour. Our behaviour can be a symptom of what's really going on inside. Talking about your worries and problems is the beginning of helping you piece things together. The more honest you are with yourself and what is actually going on within, gives the counsellor room to be able to help you navigate through the hard times, make good decisions in order to create a life you are proud to own.

You can contact **Renee Bond Folio Trust Senior Counselling Lead**

via email reenebond@foliotrust.uk

Working days - **CWS**- Tuesdays, Thursdays, Friday afternoons

WCGS- Mondays, Wednesdays, Friday mornings.