

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 Mentor or your Year Leader.

You can come to counselling without your parents being informed. A request for counselling form will be completed and given to your counsellor, who will see you when they have a space and discuss your wishes with you.

A letter may be sent home to inform your parents /carers of counselling . However if you wish that your parents/carers are not informed, then this would always be discussed with your counsellor first and your opinion on this would be sought first.

After you have finished your counselling you will be given 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 me know how well I am helping the student's that I see. If you have any concerns or complaints you are welcome to speak with either your counsellor or to contact your Year Leader.



Counselling for Students

Academy Counsellor

What's counselling about?

Sometimes we all have problems that are worrying. Think of a confusing jigsaw when all the pieces are difficult to match together. Talking about a problem in counselling is like sorting out all the pieces so we can build a picture that makes sense to us.

Sometimes it's difficult to talk to parents, carers, friends or teachers about things that are making us anxious. A counsellor is someone you can talk to in a different way, someone who will listen to you very carefully, who will not judge you or tell you what to do.

Counselling is about helping you to work things out for yourself making decisions and choices and helping you to look at things differently. It can help you to feel differently about yourself.

What kind of thing do people talk about in counselling?

Whatever matters to them? Whatever is worrying for them. It could be lots of different things. Here are some examples of problems and some thoughts, questions and feelings that you may have:

Parents separating

Is it my fault? Their breaking up is breaking me up too.

Chaos at home

I want to go out with my mates and make my own decisions. I'm arguing with my parents all of the time. They never listen to me, why should I listen to them???

Making friends/keeping friends

Everyone else seems to have loads of friends. I haven't what's wrong with me?

I'm feeling angry but I don't know why

I'm worried because I keep feeling that I want to lash out at people. I can't control myself. I'm always in trouble at home or in school because of it.

Bullies are about

I don't want to come to school. Bullies bug me everyday and it's getting worse.

A tough time in school

The work is piling up. I'm getting more and more behind. I can't seem to get on with it.

Death of someone special

I miss this person so much. I'll never get through this. It'll be like this forever. Nobody understands how bad I'm feeling.

Feelings about myself

Sometimes I don't understand how I feel or why I feel like I do.

How will I know if Counselling is right for me?

You can meet the counsellor on one or more sessions to find out for your self, you can ask questions see how you feel.

The counsellor will talk about where and where 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. This means that what you talk about is between you and the counsellor. It's your time and space to be with someone who is there for you and nobody else. Obviously if you want to talk with anyone else about what you have discussed in the counselling session that is up to you.

The Counsellor will keep confidentiality unless you are risk of harm. The counsellor will then need to talk to someone else to help keep you safe, but will always try and talk about it with you first.

Will anything be written about me?

Keeping information, about people, safe and confidential is very important to the counsellor. 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 kept is private and confidential unless there is a agreed and overriding need to share this information in your best interests.

A counsellor presents their work to a counselling supervisor regularly. This person checks the counsellor is working well with you. Neither your name or school is mentioned.