

What if he/she refuses to have counselling?

The decision about whether or not to take up the offer of counselling is entirely voluntary for young people just as it would be for an adult.

Can I support the Counselling work?

Yes, and we welcome this. Our experience shows that the most helpful thing a parent/carer can do is to show an acceptance of counselling as a normal and useful activity, and to show an interest if their son/daughter wishes to talk about it, but not to press them if they don't.

We acknowledge that this isn't an easy task, and it's quite natural for parents to feel anxious about what is being said in the sessions.

It is always our hope that talking with a counsellor will lead to greater openness with parents and families, you will need to allow a little time for this to happen.

How are referrals made to the counselling service?

Referrals may be made through the academy pastoral system, via your child's year leader, the request may come from you, or your child who can self refer.

If after reading this information, you have any more questions, you can ask to speak with the Counsellor.

Available

Tuesdays & Wednesdays



The
Beaconsfield
School
A Specialist Arts College



A GUIDE FOR PARENTS AND CARERS



What is Counselling?

The opportunity to talk about things that are of concern, to a child or young person in confidence, with a qualified counsellor. What is spoken about will depend on the individual, but common themes are stress, relationships, change, loss and distressing, traumatic events.

What does a counsellor do?

Counsellors are trained to listen without judging and to help people sort out their thoughts and feelings about whatever is concerning them.

Why have a counsellor at the Academy?

An academy based service brings counselling to young people in a place that is familiar, safe and secure. If young people are able to receive emotional support from a qualified professional they will have greater opportunity to fulfil their potential.

How long will counselling last?

Counselling may be for a few sessions, or longer term. It is normally reviewed after 6 weeks and a further 6 weeks maybe offered. If counselling is deemed to be needed beyond the 12 weeks, students may be referred to alternative support.

Is counselling free?

The first session is free and then all subsequent sessions are charged at £40 per session. (Pupil Premium students may qualify for assistance)

Where and when does it take place?

Usually, a small, private room is made available in your child's school during the day. Sessions last up to fifty minutes (depending on the circumstances), and appointment times can be varied so that time is not lost from any one subject.

Is it confidential?

A key feature of our service is that information discussed in the counselling session is treated confidentially. Counselling is a time when it's ok to talk about concerns without fear of them being discussed elsewhere. We encourage the student to discuss the work with parent/carer, however they can request not to. This can be hard for parents/carers to accept at times, but ensuring the confidentiality of the work is crucial for establishing trust so that the young people feel confident to speak openly and freely about what is concerning them.

However, if a student appears to be at risk of significant harm it may be appropriate to seek help from other agencies to keep them safe. The counsellor would aim to discuss this first with the student concerned.

All counsellors receive supervision of their work with young people, to ensure the quality of their practice and this is confidential.

What if I don't want my child to receive counselling?

If a young person requests counselling and is able to understand what is involved in the process then they have the right to access counselling. Parents and carers may not deny them this right. We would, however prefer that we have your support for the work and are happy to talk with you about any concerns that you may have about the idea of counselling.