

# Area 43

Gwybodaeth, Hyfforddiant, Cefnogaeth a Chwmsela i Bobl Ifanc  
Information, Training, Support & Counselling for Young People

Independent Counselling Service



0800 0385778

01239 614566

area43.co.uk

counselling@area43.co.uk

1 Pont Y Cleifion  
Cardigan, Ceredigion SA43 1DW

## AREA 43 COUNSELLING INFORMATION FOR SCHOOL STAFF

Counselling supports the emotional health of the pupil that underpins academic achievement and facilitates the building and management of helpful relationships in the school environment. At the heart of the service is the one to one, confidential, therapeutic counselling that is provided for pupils.

Please note that the young person should not be questioned about the sessions they have attended. Young people may not want their peer group to know (for many different reasons) that they see the school counsellor. Careful consideration needs to be given to the management of how the young person is given information, spoken to about counselling and excused from lessons to attend and discreetly access counselling sessions.

### Please consider the following issues when referring a pupil for counselling:

1. What are your reasons for the referral?
2. What has been tried already and what has been the response from the young person?
3. How is this pupil functioning in school? (Academically, socially, behaviourally)
  - a. How extreme is the behaviour or attitude?
  - b. How long or persistent is it?
  - c. How sudden is the change?
  - d. Are your concerns shared by other members of staff?
  - e. How is the behaviour affecting other members of the school community?
4. How do you expect counselling to help this pupil?
5. Has the pupil been fully consulted about his/her referral and given information about counselling?
6. Has the young person been consulted about whether or not their parents will be informed about the proposed counselling?
7. Is there any other information regarding family background or other agencies' involvement, which may be helpful?

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## Some common indicators for referral to counselling can include:

- Standard of work dropping dramatically
- Becoming subdued or over excited
- Sudden changes, marked mood swings and/or behaviour that appears out of character and/or extreme
- School refusal
- Those who bully others and those who are victims of bullying behaviour (including cyber bullying and sexting)
- Children and Young People who are known to or who are suspected of having been sexually, physically or emotionally abused
- Have difficulties due to family breakdown
- Domestic abuse in their household
- Caring responsibilities
- Peer group difficulties/relationships
- Have been bereaved or suffered loss or separation
- Low self-esteem
- Self harm e.g. cutting
- Misuse of alcohol and drugs
- Transgender issues

## It may be helpful to discuss any concerns with the counsellor to clarify the most appropriate way forward.

Once a member of school staff is clear that a referral is appropriate, they should contact the member of staff who has the responsibility for making contact with the counselling service; this would usually be the Head Teacher (in Primary Schools). There is a need for discretion and confidentiality to be observed as much as possible and respect for the young person's right to privacy.

It is essential that counselling sessions are voluntary and confidential, it is a means of support not a disciplinary measure for a pupil. It should be made clear that it is an opportunity to talk about problems and worries with a view to resolving or managing them more easily. The first session is an opportunity for counsellor and client to decide whether to engage in counselling or not.

You may find it helpful to use the information sheet 'Area 43 Counselling Information for Children and Young People' when you are talking to a child about the idea of counselling. It helps them to understand what is involved and that this is a normal and ordinary approach to supporting children and young people who may be facing difficult times. The care that is taken with this can make a big difference to whether or not they attend the first appointment, or how they approach it.

When informing their parents, please offer the 'Area 43 Counselling Information for Parents and Carers' sheet which can be taken by the child or young person or sent home. In the majority of cases, for primary school children, written parental/carer consent would be required before counselling can take place.

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## **BACP Guidance**

All Area 43 counsellors deliver the service according to the 'Ethical Framework for Good Practice' of the British Association for Counselling and Psychotherapy (BACP).

## **Data Protection Procedures**

Area 43 complies with all current Data Protection and Child Protection and Safeguarding regulations. All information about counselling work undertaken by our staff is kept securely by the Counselling Service, Area 43 holds no information which could identify individuals, although confidentiality may be broken if Child Protection concerns are identified.

## **Evaluation**

After counselling has finished your child will be given an evaluation form that they can complete anonymously and return to the Counselling Service Manager. This lets us know how well we are helping the children and young people that we see.

## **Compliments and Complaints**

Should you wish to express compliments regarding the Schools Based Counselling Service, or if there is any cause for complaint, you or the child are welcome to contact the Counsellor or the Area 43 Service Manager who will aim to resolve any issues of concern.

**If after reading this information, you have any more questions please contact the Counselling Service Manager at Area 43**

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