

ABOUT COUNSELLING FOR YOUNG PEOPLE



WHAT IS COUNSELLING?

Counselling is a talking therapy.

Our counselling service is based on building a trusting relationship with you. Counselling can help you talk about your experiences and worries and help you manage them in a supportive way. Our qualified counsellors are trained to listen carefully and thoughtfully to you, without judgement. They won't tell you what to do or talk down to you. They will create a safe space for you to share your thoughts, feelings and experiences, without the pressure of having to present a certain way to friends, parents and teachers.



WHAT IS COUNSELLING?



The teenage years can be some of the most enjoyable, but they can also bring some of the most challenging periods. Everybody has worries from time to time, and having counselling allows you to share your worries with someone in a safe space who can help you go through your worries together.

Imagine a jigsaw puzzle with a lot of pieces that are hard to fit together. In counselling, you can discuss an issue with a trained professional, which is like having an expert to help piece together all the puzzle pieces, so you can start to put together a picture that makes more sense to you.

When the help of family and friends is not quite enough because you don't want to worry them or upset them, Area 43 counselling can offer beneficial support.

WHAT KIND OF THINGS CAN COUNSELLING HELP WITH?

The young people we see may not have specific mental or physical problems, they may just need someone independent to talk to.

Some of the issues young people come to us with include:

- Physical or mental health issues, diagnosis and impairments
- Anxiety and depression
- Eating problems
- Difficulties in their relationships with family or friends
- Struggling to focus and pay attention
- Feeling low
- Feeling 'out of place'
- Sexual or gender identity
- Problems at school, such as feeling pressure or worrying about the future
- Exam stress
- Being bullied or bullying others
- Not feeling confident or self-assured
- Anger
- Family changes such as parents separating or new additions to the family
- Existing as a care experienced young person
- Coping with grief or loss



WHERE AND WHEN CAN I HAVE COUNSELLING?



Usually, a small, private room is made available in your school or education setting and appointments will generally take place during the school day. Depending on individual circumstances, or if you are electively home-educated, counsellors may meet with you online, at Depot (in Cardigan) or in a community setting outside of school hours.

Sessions last up to fifty minutes, and appointment times can be varied so that time is not lost from any one subject or kept consistent where you need to transport your child to the venue.

WHAT KIND OF COUNSELLING DO YOU OFFER?

There are many different approaches to counselling. You can read about them [here](#).

Most of our counsellors are young person-centred or integrative therapists, which means they draw from different approaches depending on the needs of the person they work with. Our counsellors shape their sessions based on your unique circumstances.

Our counsellors are trained to utilise play therapy, art therapy and other creative practices during sessions.

Our counsellors also have access to a wide range of expertise through our connections with other young people's support organisations and services. If you would like to work with a different organisation or we feel that you would benefit from specialist support, we will help you access what you need. This includes issues such as Child and Adolescent Mental Health (CAMHS), New Pathways, domestic abuse, and bereavement support.



WHAT TO EXPECT FROM COUNSELLING.

You will be encouraged to discuss your thoughts and feelings with a trained counsellor during your first appointment; they will listen to you and offer support without passing judgement or criticism.

The counsellor may help you in improving your understanding of your thoughts and emotions as well as in problem-solving techniques. However, they won't usually provide advice or instructions.

Counselling may be delivered through the following methods:

- In person at an education or community setting
- Online using your preferred method, such as Google Meet, or Zoom
- Over the phone

You will have the opportunity for 6 - 8 counselling sessions that will be 50 minutes long with a counsellor who is trained to hear you in confidence.



WHAT TO EXPECT FROM COUNSELLING.

There will be an assessment session where our counsellors get to know more about you. They will discuss what help you need and answer any questions you have. If you both feel counselling is suitable, they will arrange for you to have more sessions. You may need to wait a little while for a counsellor to be available.

Like any form of therapy counselling is a unique experience for each client. This means some young people will only need to work with a counsellor for a short time, others may need longer. The complexity of the issues someone is facing and how they are feeling when they start counselling plays a significant part in the process.

Conversations with counsellors are strictly confidential unless we are worried about your safety or the safety of someone else.



HOW CAN I KNOW IF COUNSELLING IS THE RIGHT CHOICE FOR ME?



We would book an initial assessment so you will have an opportunity to find out for yourself, and schedule one or more appointments with the counsellor. You have the opportunity to ask and talk about how you feel. The counsellor will discuss with you the meeting time, and frequency so that it does not impact your studies and you're not missing core subjects. Counselling is completely optional; you are free to choose whether or not to attend.

Whatever you choose is okay.
Give it some time.

HOW ARE REFERRALS MADE TO THE COUNSELLING SERVICE?

Our children and young person-centred ethos encourages self-referral to the counselling service, enabling autonomy. Parents, carers, education staff, GPs and other agencies can all refer to the service using the same registration form.

Our support is easily accessible and tailored by counsellors to appropriately meet client's needs reflective of their age, language preference, level of understanding and their choice of engagement platform.

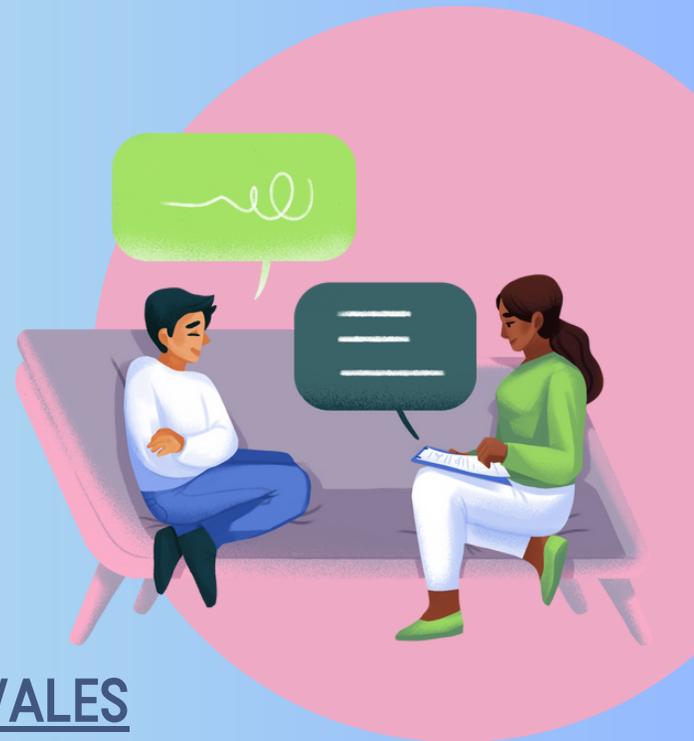
Counsellors explain the benefits and limitations of counselling at an assessment meeting and clarify confidentiality and safeguarding. It is also an opportunity for both counsellor and client to decide whether counselling is appropriate and explore the nature of their difficulties. Counselling relationships may enable clients to feel empowered and supported to access additional specialist services and our counsellors will support those transitions and make referrals or signpost as appropriate.

Scan or CLICK the QR code for your area to access the registration form:

POWYS



WEST WALES



WILL MY PARENTS OR TEACHERS FIND OUT WHAT HAPPENS DURING THE SESSIONS?

No. Confidentiality is always our priority regardless of the age of the person we work with. Counselling is a time when it's OK to talk about concerns without fear of them being discussed elsewhere. It's important that you feel safe and know that anything you say will be just between you and your counsellor. Parents and carers cannot request information about what is discussed during counselling sessions.

Careful consideration is given to the management of how you are given information, spoken to about counselling and excused from lessons (if relevant) for counselling sessions.

The only time anyone else will be told what's been said is if we have an urgent or serious concern unless we have concerns that you or another child or young person are at risk. In these circumstances, we will always try to do this with you, and we will only discuss counselling session content with the education setting's Designated Safeguarding Lead or your parents/carers (if appropriate) in the event of a safeguarding concern.

All counsellors must also have regular sessions with their clinical supervisor to make sure they are working safely and to check the quality of their practice. This process is completely anonymous; you will not be identified by name in these discussions.



SAFEGUARDING

We collaborate with clients and other service providers to develop a service that places safeguarding, agency, and wellbeing at the heart of its provision.

Our counselling services complement the HM Government's (2006) Working Together to Safeguard Children, Social Services and Well-being (Wales) Act 2014, the Welsh Government's (2012) Together for Mental Health Strategy, and The Wellbeing of Future Generations Act (2015). Therefore, we take our responsibility to keep clients safe very seriously.

Safeguarding means protecting people from harm, including physical, emotional, sexual, and financial harm and neglect. Counsellors must recognise the signs and symptoms of abuse and act on any concerns, based on legal responsibilities set at the local authority level.

Area 43 counsellors follow the BACP Ethical Framework and are required to make a record of any suspicions or concerns regarding the safeguarding of all clients. They will work together with Area 43's Designated Safeguarding Lead (DSL) or Clinical Director to take forward any reporting of safeguarding concerns to other agencies such as police and social services.

The counsellor would aim to discuss the need to report concerns with the client and parents or carers may be contacted where it is appropriate and safe to do so.



DATA PROTECTION PROCEDURES



Area 43's online registration form populates a secure, GDPR-compliant client management system (Lamplight). The data we hold includes personal details and demographic information as well as brief, factual session notes and follows guidelines from the Welsh Government on managing referrals.

We use a simple contract (including an accessible version) that sets out the level of confidentiality. The Human Rights Act 1998 gives every individual the right to respect for their private and family life. This includes having any personal information held in confidence in line with the Data Protection Act 1998 and GDPR 2018. This right, however, is not absolute and can be overridden if necessary, such as for a safeguarding concern.

WHAT IF I NEED HELP NOW?

- **Papyrus - HOPELINEUK**
Freephone **0800 068 41 41**
- **Samaritans 116 123**
- **ChildLine 0800 1111**
- Text **SHOUT** to **85258** for 24/7 crisis text support www.giveusashout.org
- **C.A.L.L. Mental Health Helpline**
0800 132737 or text **HELP** to **81066**





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