



Will anything be written about me?

Keeping information about people safe and confidential is very important to the counsellor.

The counsellor will make notes about what has been talked about in the session. These are kept safely in a locked filing cabinet. All information written and discussed is private and confidential unless there is an agreed or overriding need to share this information in your best interests.

The counsellor presents their work to a counselling supervisor regularly. This person checks the counsellor is working with you in a safe and productive way. The counsellor does not share your full time with the supervisor.

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 Tutor, Progress Manager or Learning Mentor.

You can come to counselling without your parents being informed. A request for counselling form will be completed and the counsellor will see when they have a space and discuss your wishes with you. The school may in some cases contact your parents/carers for consent for you to attend counselling. Your opinion on this will be sought and is important.

After you have finished your counselling you will be sent 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 us know how well we are helping young people that we see. If you have any comments or complaints you are welcome to either speak with your counsellor or a member of the school staff.

Here are some comments made by pupils who have been to counselling...

“Having counselling has helped me a lot. I have been able to talk about my problems instead of locking them away, which is what I used to do. It has been a big help to me.”

“It helped me to understand my problems and to overcome them.”

“The counselling has helped me to feel confident in myself.”

“I don't feel ashamed to admit that I need help because I know that I am not the only one that needs help.”

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Counselling — Young Person's Guide



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 begin to build a picture that makes more sense to us.

Sometimes it's difficult to talk to parents, friends or teachers about things that are making us anxious. A counsellor is someone who 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 better about yourself.

What kind of things do people talk about in counselling?

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

PARENTS SEPARATING

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

CHAOS AT HOME

I want to go out with my friends and make my own decisions. I'm arguing with my parents all 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 and at school because of it.

BULLIES ARE ABOUT

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

A TOUGH TIME AT SCHOOL

The work is piling up. I'm getting more and more behind. I can't seem to get on with it. The longer that this goes on the worse I feel.

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 for one or more sessions to find out for yourself. You can ask questions, see how you feel.

The counsellor will talk to you about where and when 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. That means it's between you and the counsellor. It's your time and your space to be with someone who is there for you and nobody else. Obviously if you want to talk to someone else about what you have discussed in the counselling sessions, that is up to you. The counsellor will keep confidentiality unless you are at risk of harm. The counsellor may then need to talk to someone else to help keep you safe, but will always try to talk with you about this first.