



Counselling Information sheet for Parents and Carers

The purpose of this form is to share important principles which guide the counselling process.

The Counselling service at Bishop's Hatfield Girls' School aims to offer counselling sessions to students who are seeking emotional support. There will be an ongoing review process between the student and their counsellor with the aim of supporting wellbeing collaboratively to achieve the best results for them. The number of sessions will depend on individual circumstances and needs. The service can only offer sessions during term time which can be restricted by the academic calendar.

Counselling can lead to better relationships, solutions to problems and reductions in feelings of distress and improved self-esteem, but this is highly individual. The sessions allow for personal exploration and may lead to changes in perspectives, decisions and ideas. The counsellor and the young person will review the sessions; covering topics discussed, progress made, and any areas that may require intervention in the future.

Confidentiality

Confidentiality is an important right when accessing counselling and this includes young people. What the young person chooses to share within their sessions will be kept confidential.

However, there are some exceptions:

1. In order to maintain professionalism Counsellors are required to attend Supervision. During these interactions, the anonymity of the young person is respected.
2. Counsellors are obligated to reveal information that has been obtained during a counselling session if the content involves danger to self, danger to others and child abuse. Information of this kind would be shared in line with BHGS Safeguarding Policy. In addition, a counsellors notes can be subpoenaed in a court of law.
3. In the event of a medical, psychiatric or psychological emergency. It may be necessary that the counsellor has direct contact with the student's Doctor in order to offer more thorough support.

Counsellors who work with young people have the difficult task of protecting the young person's right to privacy while at the same time respecting the parent's or carer's right to information. When appropriate the School Counsellor may discuss with parents and carers about the status of counselling sessions and provide general information. The School Counsellor will not share with you what the young person has disclosed without their consent; alternatively the counsellor may support the young person to disclose this information themselves should it be appropriate.

Therapeutic Relationship

The relationship between the counsellor and young person is professional and not social. Counselling sessions are most effective when a trusting relationship exists between the counsellor and the young person. Privacy is especially important when securing and maintaining that trust.

Appointments

Appointments will be issued on a weekly basis. Student's appointment times are issued to have minimal impact on their studies. Great lengths are taken to make sure that the same subject lesson is not missed repeatedly. Students are also encouraged to take responsibility for attending their sessions. Sixth Form students are responsible for checking their school email account for their counselling appointment.

Client Rights and Responsibilities

Students are entitled to end their counselling sessions at any time. Although it is preferable that the young person attends a final session to conclude the work they have done.

The counsellor that supports the young person has been trained to a high standard and follows the British Association of Counselling and Psychotherapy (BACP) Ethical Guidelines alongside the Health and Care Professions Council (HCPC) standards of proficiency.

You are welcome to ask questions about any therapeutic interventions or suggestions you believe are in the best interest of the young person.