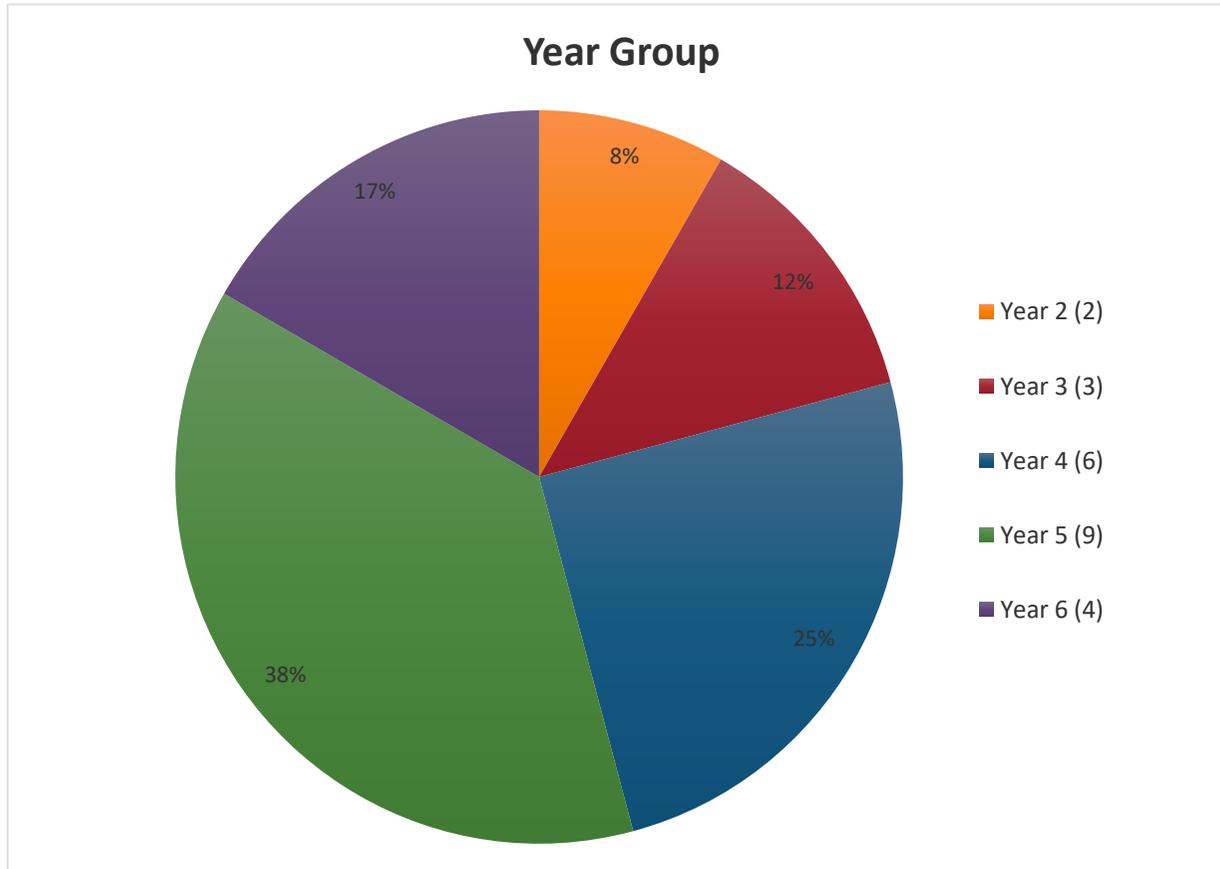




Counselling Service End of Year Report

Referrals

24 counselling referrals this academic year, plus 2 re-referrals for additional sessions



Wait Times

Referral to Assessment with Parent/Carer

Shortest:
3 weeks

Longest:
17 weeks

(including Summer holidays)

Average wait
time: 9.5 weeks

P/C Assessment to Pupil Introductory Session

Shortest: 1 day

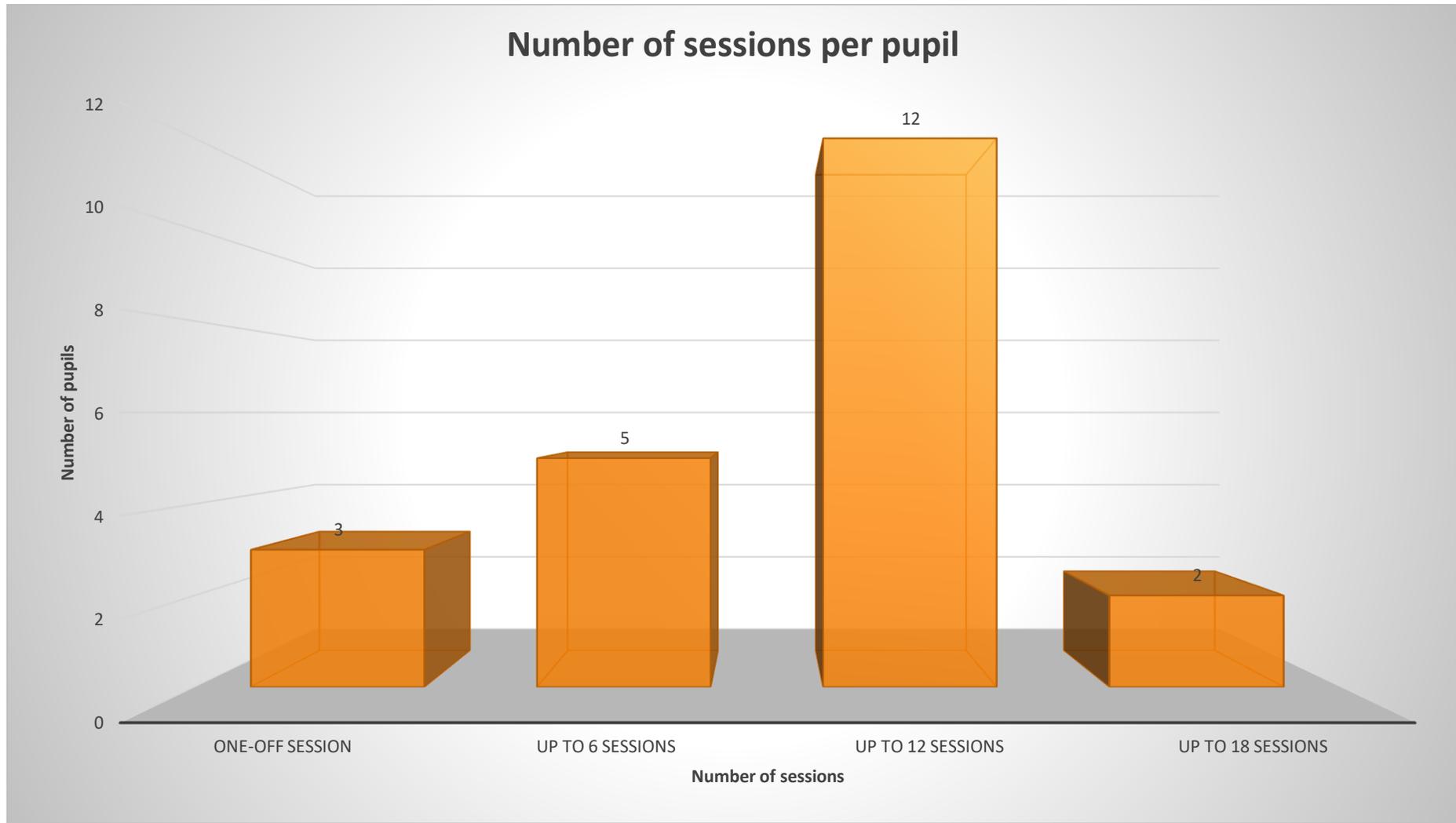
Longest: 21 days

Average wait
time: 8.9 days

Factors impacting referral to assessment wait times: school holidays, bank holidays, weekends, INSET days, parent/carer availability to discuss referral, sessions full - waiting list, counsellor's working week (3 days).

Factors impacting assessment to introductory session wait times: Return of signed consent from parent/carer (cannot meet until received), pupil absence, available school days-weekends/holidays/counsellor's working week, suitable appointment time agreed with class teacher.

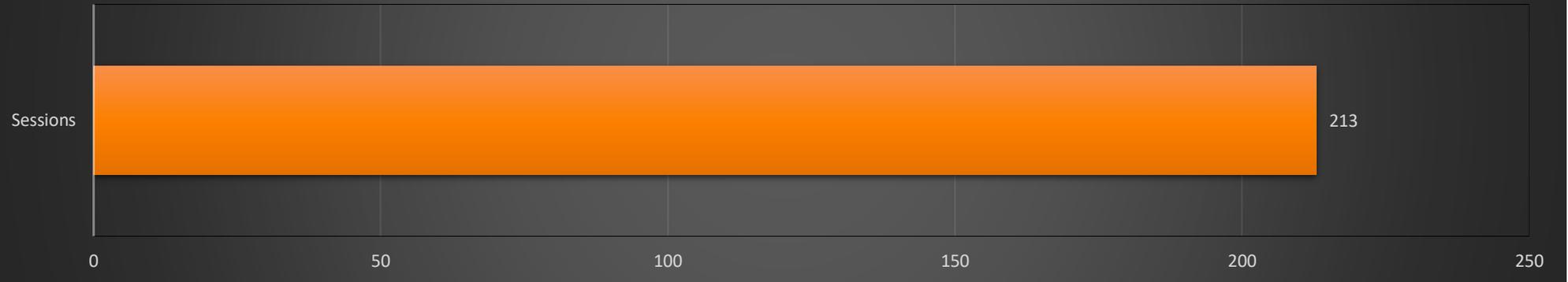
Sessions



Pupils are offered between 6-12 sessions at a time depending on their needs and availability. Parents/carers and staff can re-refer for additional sessions. 2 pupils were re-referred for additional sessions. Additionally, 3 pupils had one-off sessions to meet their needs.

Factors impacting session attendance: Absences, medical appointments.

TOTAL NUMBER OF SESSIONS ATTENDED THIS YEAR



Key Session Themes

- Anxieties/worries
- Anger management strategies
- Boundary setting
- Bullying (Inc. online)
- Calming/regulation techniques
- Changes
- Co-regulation
- Coping strategies
- Death/dying
- Disordered eating
- Domestic abuse
- Endings
- Existential beliefs
- Exploration of feelings

- Family conflict
- Family relationships
- Family separation
- Fears
- Friendship problems
- Future
- Grief- death
- Grief- loss
- Home life
- Intrusive thoughts
- Mindfulness
- Normalisation of feelings
- Past experience
- Peer dynamics

- Physical health (parental and pupil)
- Pupil diagnosis (e.g. ADHD, food intolerance etc)
- Relationship building/social skills
- School life
- Self-esteem
- Self-harm
- Self-image
- Sleep issues (Inc. nightmares)
- Stress
- Suicidal ideation, thoughts & feelings
- Trust

Feedback

Data from Pupil Feedback Forms

1) How do you feel after your counselling sessions?

☹☹ A lot worse	☹ A little worse	☹ The same	☺ A little better	☺☺ A lot better
4% <small>(unhappy at ending)</small>	0%	4%	48%	44%

2) How much do you feel counselling helped you?

☹☹ Not at all	☹ Not much	☹ Not sure	☺ A little	☺☺ A lot
0%	0%	4%	22%	74%

3) Has counselling supported you with your...

	Yes ☺	Maybe/Unsure ☹	No ☹	Not needed
Problems?	74%	22%	0%	4%
Feelings?	91%	9%	0%	0%
School life?	56%	36%	4%	4%
Relationships with friends/family?	67%	14%	5%	14%
Something else?	46%	9%	9%	36%

4) Would you have liked more sessions?

Yes	Maybe	No
69%	22%	9%

5) What do you think about the location of the room?

☹ Bad	☹ OK	☺ Good
0%	18%	82%

6) How did you hear about the counselling service?

Teacher/TA or another adult at school	Parent	Posters	Friend	School Newsletter	School Website	Not Sure	Other (please write in the box)
22%	48%	0%	11%	4%	4%	11%	0%

Selection of Feedback from Pupils within Six-Session Reviews and Feedback Forms

Counselling has supported me...

I feel better than I felt originally. I felt sad before. Now I feel happier, more comfortable to speak out.

It helps me know that I have someone to speak to.

It got a lot of stuff off my chest.

I think it's fun.

making my own decisions.

Helped me to not get angry.

with my emotions.

Really good everything's off my chest.

Helps if I tell you something you just understand and help me find the best option to do.

It helps me with controlling my anger. Helps me to talk about it and come up with solutions.

It's good because if I do get worries I can talk to you. If [I have] no one to talk to I worry. If I have these sessions, I don't worry.

my feelings, not to hit and punch people like I usually do.

Makes me more happy.

I have someone to help me get stuff off my mind.

That you understand what's happened and understand me.

Glad that I have someone to talk to.

I can talk to you about stuff that's been getting on my nerves and get it off my chest. I feel comfortable telling you.

I like to do stuff, play with stuff like the sand tray.

Let's me talk about stressful things going on. Talking helps release anxiety to go away.

It's fun, it helps me at home and at school.

I've got a bit more stuff off my chest. I know when I'm stressed I can tell my counsellor.

It helps me express my feelings.

I can tell someone if anything is wrong.

Getting stuff off my chest, making me worry less and pretty much [helps me with] everything.

It helps me know that I am a good person.

I like how we talk. I like talking about my emotions and stuff.

What do you dislike/least favourite part about the sessions?

I don't like leaving at the end of sessions.

I need more time in it. More time to talk to someone.

When I have to go back to class

Just don't like that I miss a tiny bit of English but I can catch up when I go back.

Data from Parent/Carer Feedback Forms

1) How does your child seem after their counselling sessions?

☹️☹️ A lot worse	☹️ A little worse	☹️ The same	😊 A little better	😊😊 A lot better
0%	0%	14%	14%	72%

2) How much do you feel counselling helped your child?

☹️☹️ Not at all	☹️ Not much	☹️ Not sure	😊 A little	😊😊 A lot
0%	0%	0%	29%	71%

3) Has counselling supported your child with their...

	Yes 😊	Maybe/Unsure ☹️	No ☹️	Not needed
Exploration of problems?	57%	29%	14%	0%
Expression of feelings?	57%	43%	0%	0%
School life?	57%	43%	0%	0%
Relationships with friends/family?	57%	29%	0%	14%
Wellbeing?	43%	43%	0%	14%
Day-to-day life?	57%	43%	0%	0%
Something else?	13%	0%	0%	87%

4) Would you have liked your child to have more sessions?

Yes	No
100%	0%

5) What do you think about the location of the room?

☹️ Bad	☹️ OK	😊 Good	Not Sure
0%	0%	100%	0%

6) How did you hear about the counselling service?

Teacher/TA or another adult in school	Another parent	Your child	Leaflet	School Newsletter	School Website	Other (please write in the box)
68%	0%	16%	0%	16%	0%	0%

Selection of Feedback from Parents/Carers within Six-Session Review Feedback and Feedback Forms

I would just like to say thank you. My son has expressed how comfortable you made him feel. If he could carry on with the sessions, I think this would help him a lot with his expression of emotions and anxiety with things in life.

It can be hard talking to him, he won't open up but he really enjoys talking to you.

I just feel my child has been able to express his feelings a little better at home.

Counselling has really helped my daughter with how she is feeling in school and at home.

The consistent and regular 1:1 support has helped my child with their emotional regulation. I hope that they have learnt the relevant skills to continue away from counselling.

I think the counselling service is a brilliant addition to the school's pastoral care and would like to see it develop and expand so that more children can benefit from 1:1 support.

I wish more sessions were available. It's helped my child in so many ways. I can't thank Clare enough. My daughter can be very untrusting but she absolutely adored her sessions and always coming home showing off her new skills learned each session.

The sessions helped my child feel much better about her ongoing issues with school and her health. She feels chatting through everything makes it all less scary.

Thank you so much. She really enjoyed coming to the sessions each week, I've noticed a difference in her over these past couple of months.

These sessions have helped my child so much, mainly down to Clare.

Brilliant service, very grateful for any help with his well-being and self-esteem. Thank you.

Thank you, we've really noticed a difference in her coming to us and opening up more since coming to counselling.

Gets on well with Clare, feels can tell her if has any issue.

It's definitely helping him, we've noticed a difference. It's really benefitting him having that one to one time. Thank you so much for everything you have done so far.

Mainly given a safe space to discuss feelings and emotions with someone who isn't involved.

Clare has been amazing providing a safe space for my child to speak freely about her emotions. Discussing this and helping to advise on how to cope with these feelings and emotions. I don't know where we would be without these counselling sessions and Clare. We are very grateful.