

# COUNSELLING





We are offering a new counselling service at Cantrell Primary School for pupils aged 7 and above.

Here you will find out about the service, what counselling is and how you can receive counselling.



## WHAT IS COUNSELLING?

Counselling is a safe space that you can come and talk about any problems or worries that you may be experiencing.

The counsellor will listen to your thoughts and feelings without judgement and help you to manage them.

The counsellor will not take sides or tell you what to do or how to live your life, but they will help you to look at choices and encourage you to make your own decisions.



## **WHO ARE COUNSELLORS?**

A counsellor is a professionally qualified person who has experience of working with adults and children. Counsellors are trained to listen without judging and to help people sort out their thoughts and feelings about whatever is concerning them.

## **WHO IS YOUR SCHOOL COUNSELLOR?**

Your counsellor at Cantrell is Clare Ewers-Archer. You may have already met or worked with Clare before in your classrooms as a Teaching Assistant. She has now trained to become a counsellor that you can come and talk to when you need some support.



## WHAT HAPPENS IN A COUNSELLING SESSION?

Before the sessions begin, you will meet with your counsellor beforehand to discuss the reasons for attending counselling, what problems you may be having and decide whether counselling is right for you.

For the counselling session, you will meet your counsellor at the agreed time at the barrier in reception, then you will come across to the annexe to the new counselling room which has been designed to offer a comfortable, private space.

Within the sessions you can talk about whatever is on your mind, as well as use creative resources to explore your thoughts and feelings to get them off your chest and help you to manage them.

The background of the left side of the image is a vertical rainbow gradient with horizontal stripes of red, orange, yellow, green, cyan, purple, and blue. The words "SAFE" and "SPACE" are written in a large, white, serif font, centered horizontally and stacked vertically.

# SAFE SPACE

## **CONFIDENTIAL, SAFE SPACE**

You are free to talk about anything you would like to within your counselling session.

The sessions are private and confidential which means that the things that you discuss will not be discussed outside of the session unless you are at risk of harm. This will be explained further to you at the initial meeting with your counsellor.



## **WHEN IS COUNSELLING AVAILABLE?**

The counsellor will arrange a time with you within the school day that is suitable to make sure that you do not miss out on your learning as much as possible.

## **DO MY PARENTS NEED TO KNOW?**

Counselling works best when you are able to tell your parents and then they can support you. You can tell your parents as much as you like about the sessions. We will ask your parents to sign a consent form before the first session.



## HOW TO USE THE COUNSELLING SERVICE

If you think you would benefit from counselling then we encourage you to speak to an adult at home or within school to access the service. You can also find details on the school website.

The adult you speak to will ask you the reasons you think you would like to come for counselling and may see if there is anything they can do before referring you by filling in a referral form.