



# Homewood Counselling.

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## Information for Parents/Carers

### **What is Counselling?**

Counselling is the opportunity to confidently talk about things of concern to a young person with a qualified counsellor. What is spoken about will depend on the individual, but common themes are stress, relationships, change, loss and distressing, traumatic events.

### **What does a Counsellor do?**

Counsellors are trained to listen without judging and to help people sort out their thoughts and feelings about whatever concerns them.

### **Who are Counsellors?**

They are professionally qualified and experienced counsellors who have experience working with children and young people.

### **How long will counselling last?**

Counselling sessions are assessed individually and reviewed regularly between the counsellor and the young person initially and then the parent.

### **Is it confidential?**

A key feature of counselling is that information discussed in the session is treated confidentially. Counselling is a place where it's okay to discuss concerns without fear of them being discussed elsewhere. Often, this includes not discussing the work with parents unless the young person requests or consents.

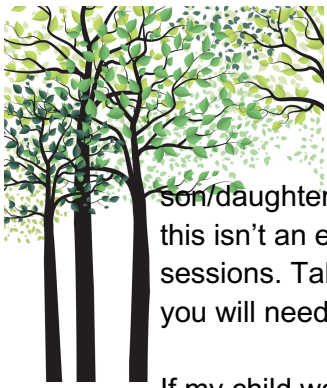
This can be hard for parents to accept at times, but ensuring the confidentiality of the work is crucial for establishing trust so that the children and young people feel confident to speak openly and freely about what concerns them. However, if a young person appears at risk of significant harm, seeking help from other agencies may be appropriate to keep them safe. The counsellor would aim to discuss this first with the pupil concerned and then the parent. All counsellors receive supervision of their work with young people to ensure the quality of their practice, and this is confidential.

### **What if my child refuses to have Counselling?**

The decision about whether or not to take up the offer of counselling is entirely voluntary for children and young people, just as it would be for an adult.

### **Can I support the Counselling work?**

Yes, and I welcome this. My experience shows that the most helpful thing a parent can do is to accept counselling as a normal and valuable activity and to show an interest if your



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son/daughter wishes to talk about it, but not press them if they don't. I fully acknowledge that this isn't an easy task, and it is natural for parents to feel anxious about what may be said in the sessions. Talking with a counsellor will lead to greater openness with parents and families, but you will need to allow a little time for this to happen.

If my child wants to see a counsellor, does that mean I am failing as a parent? Absolutely not! We all experience occasions when it feels hard to speak to those closest to us about things which are bothering us. Often, this can be because we don't want to worry those we love best or because we want some help thinking things through with someone outside of the family. As a counsellor, I will not be judging you or your child but looking to help them find their way through whatever is troubling them.

## **Data Protection**

Karla Walters securely keeps all information about counselling work undertaken in line with current data protection regulations. If you have any cause for complaint, please feel free to talk to me about the issues causing concern; however, if you feel unsatisfied with my response, you can also contact the British Association for Counselling and Psychotherapy (BACP), which has a complaints procedure.

Karla