



Homewood Counselling

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Information about counselling for young people

What's counselling about?

Sometimes, we all have worrying problems. 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, talking to parents, friends or teachers about things that make us anxious is difficult. The role of a counsellor is someone who you can talk to differently, someone who will listen to you very carefully and who will not judge you or tell you what to do. Counselling is about helping you to work things out for yourself, make decisions and choices, and look at things differently. It can also help you feel better about yourself.

What kind of things do people talk about in counselling?

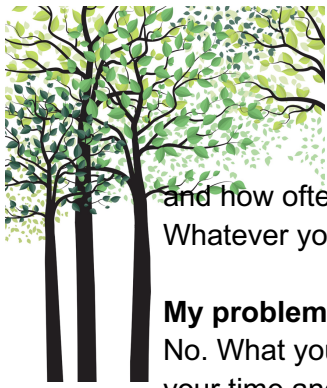
Whatever matters to them, whatever is worrying for them. It could be about lots of different things.

Here are some examples of problems, thoughts, questions, and feelings 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 mates 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 many friends, but I haven't. What's wrong with me?
- **I am angry but don't know why:** I'm worried because I keep feeling that I want to lash out at people. I can't control myself. Because of this, I'm always in trouble at home and at school.
- **Bullies are about:** I don't want to come to school. Bullies bug me every day, and it's getting worse.
- **I am having a tough time at school:** 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 the way 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 and see how you feel. The counsellor will talk to you about where and when to come



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and how often you will meet. Counselling is voluntary. You have the choice to come or not. Whatever you decide will be okay.

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 anyone else about what you have discussed in the counselling session, 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.

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 discussed 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. Counsellor presents their work to a counselling supervisor regularly. This person checks the counsellor is working well with you. When at supervision, I use first names only to maintain your confidentiality.

If you have any questions, please feel free to ask me. If you don't want to ask them out loud, you could write them down or ask a trusted adult to ask them on your behalf.

Karla