

School-based Counselling Service

Students/parents can voluntarily seek counselling in the school if they want to explore, understand and overcome issues in their lives which may be causing them difficulty.

More specifically, counselling can be beneficial at times when experiencing distress and/or confusion, as a result of having to cope with a range of difficulties, such as bullying, bereavement and loss. It can be helpful in supporting students who are facing difficulties within relationships, such as, for example, family relationships or with friends, but also relationships in general. It can also be beneficial in assisting the management of emotions, such as anger and other behavioural concerns.

School based counselling is delivered by an external, appropriately qualified and trained therapist, on a part-time basis.

Counselling sessions are carried out during school hours, whereby students leave their class to attend 45-minute sessions.

It is important to stress that counselling is only likely to be effective to the extent that the student/parents, *consent* to attendance at counselling sessions.

Confidentiality

Counselling takes place in a safe and private room within the school premises.

Ensuring confidentiality* is one of the principles of the therapeutic relationship formed between the counsellor and the student/parents.

Parents' consent is required before accessing counselling unless a student is over 18.

*Confidentiality is breached when there are child protection concerns and concerns regarding the welfare of the student.

Referral Procedure

The school has established a procedure for referrals of students for counselling.

Students meet with the counsellor following an appointment arranged directly through the Head of Year.

Please note that for more serious concerns, the School Counsellor may advise further, regular support by an appropriate professional outside School, given that the school cannot provide long-term psychological interventions