



FOUNDED 1900

THE ENGLISH SCHOOL
A SECOND CENTURY OF EXCELLENCE

School-based counselling service

The English School

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| The person responsible for Policy | Anna Tellalis, Assistant Head |
| Ratified by | David Lambon, Headmaster |
| Version Number, last date updated | September 2022 |
| Date Approved | September 2022 |
| Review Period | Yearly |
| Next Review date | June 2023 |

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Introduction

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 when experiencing **distress and/or confusion**, as a result of having to cope with a range of challenges at school, such as stress, bullying, lack of self-control, bereavement and loss. It can be helpful in supporting students who are facing difficulties within relationships, such as with their friends or family members, but also relationships in general. It can also be beneficial in assisting the management of emotions, such as anger and other behavioural concerns and in making healthy life choices.

Personnel

A full-time, appropriately qualified and trained Counsellor (with a professional background in Counselling Psychology) delivers our school-based counselling service.

Counselling sessions are carried out during school hours, whereby students can drop-in voluntarily to see the Counsellor during break time or attend sessions of up to 45- minutes, if/when needed.

Confidentiality

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

Ensuring confidentiality is one of the principles of the therapeutic relationship formed between the counsellor and the student/parents. Confidentiality is breached when there are child protection concerns and concerns regarding the welfare of the student.

Our aim is to maintain and foster a good working relationship and effective communication with parents / guardians for the benefit and wellbeing of each child.

Consent will be obtained from parents / guardians before embarking on a session of therapy, Unless the student is over the age of 18.

Parents / Guardians will be informed if a student is in need of continued support, either by the Counsellor or an external professional.

Referral Procedure

The school has established a procedure for student voluntary drop-ins or referrals of students by the school staff (Form Tutors, subject teachers, Heads of Departments or Heads of Year) for counselling.

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.