



Together with Jesus, we grow in love



Holy Family Catholic School.

“Together with Jesus, we grow in love.”

Counselling Provision Policy

Counselling provision at Holy Family reflects the values we hold as a Catholic school, underpinning the mission statement, “Together with Jesus, we grow in love.”

Overview

Counselling can be an effective source of support, enabling pupils to function better both in and outside school, enhancing their resilience and giving them resources to manage any future difficulties.

A counselling service is provided at Holy Family Catholic School by Mrs Clein who is a Person-Centred Counsellor (MBACP). This service provides onsite support for those pupils who need the additional expertise that counselling provides to the overall pastoral support system.

The Role of the Designated School Counsellor – Mrs Clein (MBACP)

Holy Family provides Person-Centred and Drawing and Talking therapy to meet the emotional needs of its pupils in response to experiences such as family breakdown, bereavement, loss, family and peer relationship difficulties, anxiety and bullying.

Individual counselling provides, on average, 6 one to one counselling sessions, once a week for 40 minutes per client. Drawing and Talking therapy is a 12 week 1:1 programme which lasts for 30 minutes.

Mrs Clein is a Person-Centred Counsellor (MBACP) and is the designated counsellor at Holy Family. The counsellor abides to the BACP ethical framework, is a registered member of BACP, and receives regular supervision from a BACP registered Supervisor as required by the BACP. Mrs Clein also receives CPD through training sessions organised through the BACP.

The Community/Family and Child mentor (a BACP accredited Person-Centred and CBT Counsellor) also delivers small group therapies e.g Think Yourself Great, Restorative Practice, Lego Therapy and SAP. When deemed suitable, parents/carers may also receive counselling from the CFC mentor.

Statement of Good Practice and Confidentiality

Counsellors are members of the British Association of Counsellors and Psychotherapists (BACP), and are familiar with and working to the guidelines of the Ethical Framework. In the instance of risk to self or other, confidentiality may be broken and be shared with the Safeguarding team. This will be outlined in the working agreement with the young person from the outset.

Referrals

The designated counsellor is responsible for any referrals thought necessary as a result of counselling e.g. CAMHS or referrals requiring support from the school's Educational Mental Health Practitioner. All relevant paperwork will be completed by the counsellor.

Consent

A consent letter is given to the parent/carer of the child before counselling begins. Once this has been returned, an initial assessment appointment will be made between the School Counsellor and the young person.

For a young person to be eligible to receive counselling, s/he must understand the nature of counselling and be able to make a valid verbal counselling contract, including the ability to understand the principle of confidentiality and the need for this to be overridden where the young person is alleged to be at risk of harm from self or other.

Initial Assessment

After a referral has been made, an initial assessment form will be complete by the School Counsellor at the beginning and at the end of counselling. The data from the assessment gives an opportunity to assess risk as well as providing a pre assessment and post assessment score providing a method of evaluation of the service. The School Counsellor will then arrange an appointment to see the young person at a mutually agreeable time in school hours.

Confidentiality

Respecting the young person's privacy and confidentiality are fundamental requirements for keeping trust and respecting the young person's autonomy. The professional management of confidentiality concerns the protection of personally identifiable and sensitive information from unauthorised disclosure. Disclosure may be authorised by the young person's consent or the law. Any disclosures of a young person's confidences should be undertaken in ways that best protect the young person's trust and respect their autonomy.

Client consent is the ethically preferred way of resolving any dilemmas over confidentiality, but exceptional circumstances may prevent the Counsellor from seeking client consent to a breach of confidence, due to the urgency and seriousness of the situation, for example, preventing the client causing serious harm to self or others or Safeguarding issues. In such circumstances the

Counsellor has an ethical responsibility to act in ways which balance the client's right to confidentiality against the need to communicate with others.

Confidential information about clients **must** be shared within the Safeguarding team:

1. If the client is at risk of self-harm or of being harmed.

Confidential information about clients **may** be shared within teams:

1. Where the client has consented or knowingly accepted a service on this basis;
2. The disclosure enhances the quality of service available to clients or improves service delivery.

Sharing Information

The Counselling Service will work in a multi-disciplinary way and communicate with school staff, other agencies and specialised services, whilst maintaining an appropriate level of confidentiality. Counsellors may find it necessary to liaise with, share information or refer the young person to another agency for further help. This should only happen with the young person's permission.

Record Keeping

The school adopts a Data Protection policy in accordance with the Data Protection Act 2018, and it is updated as necessary to reflect best practice in data management. Each young person's records are kept in a locked cabinet. Statistical data will be collated each term and will be shared with the Head Teacher and governors.