

Counselling children and young people

Information Sheet

For parents

Making the decision for your child to find someone professional to talk to can be difficult. For some parents it can elicit feelings of guilt, worry and failure. The decision to find a counselling service for your son or daughter is a positive step. Counselling is becoming even more and more accepted, especially amongst the younger generation as the service is becoming commonplace in primary as well as secondary schools and in the community. Realising the need for therapy is not a signifier that there is anything more wrong: it is a responsible and constructive decision.

What is counselling?

BACP Definition of Counselling:

Counselling and psychotherapy are umbrella terms that cover a range of talking therapies. They are delivered by trained practitioners who work with people over a short or long term to help them bring about effective change or enhance their wellbeing.

Counselling is a private, confidential service which helps to facilitate change and growth in a caring, warm and non-judgemental environment. A trained therapist will work one-to-one with your child in a safe and ethical way to help him or her deal with the issues that are provoking concern. As with all counselling the therapist will work in your child's best interests at all times and ensure the safeguarding boundaries are maintained throughout. For more information about this please visit www.bacp.co.uk (the largest professional body representing counselling and psychotherapy in the UK).

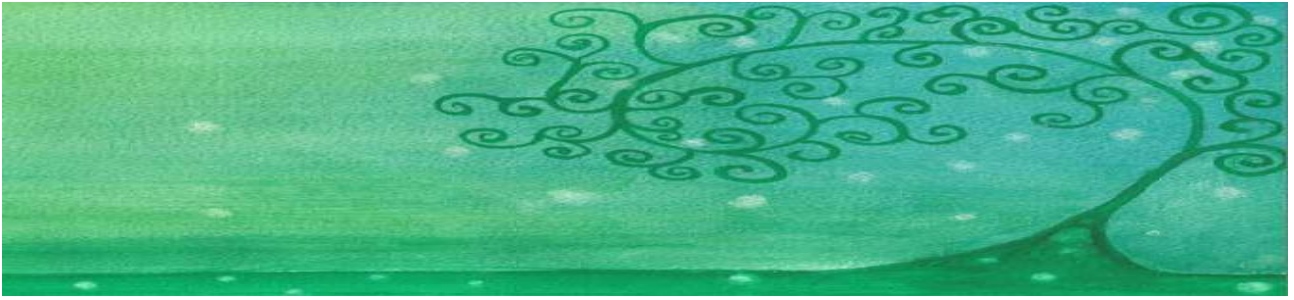


How does therapy work with my child?

As with all counselling, an initial assessment will be carried out with the therapist. This is an opportunity for your child to get to know the counsellor and for the counsellor to identify the main concerns and begin to formulate specific, appropriate strategies that will best suit the individual circumstances of your child. These strategies will be based on the issues which are affecting your child, their personality, their current means of dealing with their concerns and their level of development. By law a child is regarded as anyone under the age of 18. The counsellor will make professional judgements on how to appropriately meet the individual needs of your child. My approach to counselling is eclectic with a strong emphasis in the humanistic approaches. Please refer to the BACP website for further information.

What will the counsellor tell me?

Counselling is a confidential relationship between the therapist and your child. This in itself can create concern for a parent. However, counselling is based on mutual trust; without this bond of trust therapy will not be as successful. A child is free to express whatever he/she feels ok to talk to you about with regards session work. I request that you do not ask your child any probing questions about the counselling as this can interfere with the therapeutic process. With younger children it is most likely to result in them feeling overwhelmed, whereas with older children it can provoke anger or frustration. Some research suggests that behaviours worsen for a period after the commencement of therapy, which is indicative of the inward struggle between old ways of being and moving into change. If you do have any questions that you wish to ask about the process of counselling then I will be more than happy to share this with you.



How many sessions will my child need?

The number of sessions varies for every child. The process of change can be painful and difficult for anyone and this is no different for children. Some may desperately want to change but find they are inexplicably resistant to it. Some are fully prepared and counselling is a means in which they can work through any confusion which occurs as a result of any changes. I have a duty of care to individuals, which means that should I feel that counselling is not an appropriate service at the moment I will work with the child to find a more suitable alternative.

What if my child is not happy with the counsellor?

I always respect a child's right to end therapy if they feel they aren't getting anything out of the experience, or if they feel that they cannot work well with me. I always encourage an open relationship whereby a child can express their needs and wants freely without fear of being judged. Should they experience any difficulties I will try my best to overcome these, but sometimes the relationship just doesn't "fit".

Should you or your child have any complaints about me or my practice I hope we can work together to overcome these. However if this is not possible then I would refer you to the BACP who have specific information and guidelines in these instances.

Tel: 07773622303

Website: www.angharaddaviescounselling.com

E.Mail: angharad.21@btinternet.com