



Counselling Statement 2022-23

What is counselling and how can it help children and young people?

Counselling is an intervention that children or young people can voluntarily enter into if they want to explore, understand and overcome issues in their lives which may be causing them difficulty, distress and/or confusion. A counselling relationship has identified boundaries and an explicit contract agreed between the young person, counsellor and, where appropriate, parent or carer.

Good mental and emotional wellbeing is an integral part of children and young people’s holistic development. When this development is inhibited, counselling can be an effective and important resource. The aims of counselling are to: assist the child or young person to achieve a greater understanding of themselves and their relationship to their world; to create a greater awareness and utilisation of their personal resources; to build their resilience; and to support their ability to address problems and pursue personally meaningful goals.

(Counselling in schools: A blue print for the future DFE February 2016)

Alcester Academy uses a variety of external counselling services in order to offer a bespoke service to support students for a variety of needs. The counsellor is fully trained or may be undertaking a relevant counselling qualification and will receive supervision to the required standard. The counselling services are regularly monitored, evaluated and reviewed by the pastoral and safeguarding teams. Child protection issues or disclosures are dealt with immediately in line with the Alcester Academy Child Protection Policy.

The counselling services we use will have the aim to support student’s learning, emotional and personal development so they can maximise their potential and benefit from the opportunities provided by the academy. It is expected that this will actively promote mental well-being by providing consultation, guidance and generally raising awareness of mental health issues within the academy to both staff and students. Students are offered counselling on the recommendation of the pastoral and SEND team. Students will be offered a set number of sessions, it is not intended that school counselling sessions can continue long term, this is so that we can offer support to all students who are in need of it. If parents feel further counselling is required it is expected that they would facilitate this through their GP, RISE or through private counselling.

Examples of counselling services we use include:

Shakespeare Hospice
Life Space
Primary Mental Health Services
Guys Gift

CBT
Phoenix Psychology
Compass
Mentor Link
Young Minds
Relate
Target Youth Support
Barnardo's

Aims & Objectives

- Provide effective support to students which is in compliance with the BACP Ethical Framework and informed by current research on successful therapeutic outcome.
- Conform to the Academy Mission Statement and ensure compliance to anti - discriminatory practice and legislation.
- Contribute to the academy's 'duty of care' by having an 'at risk' policy to identify and provide prompt support to staff who approach the service. Provide guidance to members of staff who are supporting, or having to make important decisions concerning, a student who is a risk to themselves or others.
- Be as user friendly and accessible as possible at all stages of the student life cycle.
- Keep abreast of developments within the mental health field and liaise effectively with community and NHS agencies, ensuring that the service and students have appropriate access to these additional therapeutic and mental health resources.
- Liaise effectively with the SEND and pastoral team to share information and ensure a joined up approach (within the constraints of the service's confidentiality policy) in the support of students.
- Provide information and consultative support to staff within the academy.
- Promote mental well-being and contribute positively to the educational experience of students by sharing our expertise and understanding of the emotional issues that affect learning and development with the academy community. Contribute to policy formulation when mental health issues need to be taken into account.

Approved by Alcester Academy Full Governing Body on 6th December 2022