



# Parkhall Integrated College

## Counselling Policy

Agreed by Board of Governors: November 2021

To be reviewed: November 2024

### Rationale

Parkhall Integrated College is committed to providing a safe and caring environment for all pupils so that they can learn in a secure and relaxed atmosphere. Counselling is a time when talking and the use of words allows pupils emotional expression and the appraisal and re-appraisal of events. Counselling Provision comes under the umbrella of Pastoral Care within the College.

### Purposes

In the majority of counselling situations within the College we aim to

- provide an environment where young people feel able to share their concerns;
- encourage the development of positive decision making and self control;
- encourage tolerance and understanding of others welfare and well being;
- develop the self esteem in the pupil.

The welfare and safety of each child determines the course of action which follows. In some cases this involves the setting up of specific coping strategies or behaviour contracts which hopefully are both realistic and practical to implement.

### Guidelines

Counselling is an ongoing activity which all teachers engage in during the school day. It may be formal or informal and this often reflects the seriousness and/or the urgency of the issue. If staff feel the situation is urgent and it must be dealt with immediately, the Head of Boys Pastoral Care (Mr Harbinson) or Head of Girls Pastoral Care (Mrs Davidson Brown) should be informed and time will be made available for that member of staff to deal with that particular issue or concern.

Pupils may benefit from counselling if they have issues with:

- Low self-esteem, lack of confidence and self-consciousness
- Emotions, moods and self-control.
- Sexuality.
- Family Relationships.
- Friendship/Peer Group Pressures.
- Anxiety.

### Qualified Counsellor

A fully qualified counsellor from Family Works is in Parkhall one day every week.

Pupils can be referred by any member of staff through the Heads of Boys or Girls Pastoral Care. If such a referral is made the following points should be considered.

- Referral may have already taken place between Class/Year and/or Pastoral Head.
- Pupils may self refer.
- If appropriate, matters of confidentiality should be adhered to by all parties concerned.
- Staff expectations of counsellor's roll should be realistic - all counselling takes time.
- Pupils must consent and want counselling.

Pupils may self refer to the Counsellor by placing their name in the 'Self Referral' Box.

Pupils find out about the service through School Assembly, Form Assembly, Posters, Guidelines Booklet and school website.

At times Outside Agencies such as Social Services and our E.W.O.s have also requested the school to refer pupils.

**Outside Agencies**

At times Parkhall will involve Outside Agencies to help provide support and advice for pupils and if appropriate their families.

These Agencies include:-

CAHMS	(Child and Adult Mental health)
ZEST	(Self Harm)
S. A. M.	(School Aged Mothers Programme)
CRUISE	(Bereavement Care)
Women's Aid	(Domestic Violence)
Action for Mental Health	
Barnardo's	

**Confidentiality**

Confidentiality remains with the staff of the service and information will not normally be conveyed outside the service without the permission of the client.

Young people the age of 18 years deemed to be "Gillick Competent" will be afforded the same level of confidentiality as adult clients.

Any child protection issues that arise will be passed immediately to the Designated Teacher for Child Protection in the College.

***These policy Guidelines are translated into action through other policies and procedures, for example:***

*Pastoral Care Policy    Child Protection Policy    Anti bullying Policy*

**Chair of Board of Governors: -            M. Alexander**

**Date    22/11/2021**