

Why is the counselling confidential?

Counsellors are bound by strict codes of confidentiality and the BACP states that young people are entitled to confidentiality, just as an adult would be. Confidentiality helps build trust between a young person and the counsellor. It allows young people to share very private thoughts and feelings.

Who should I refer?

Counselling requires commitment, motivation & active involvement on the part of the pupil. Ideally you should refer pupils who have communication skills suited to 'talking therapy', who, at some level, recognise there is 'a problem', are ready for change, and are committed to attending regular sessions.

How do I refer?

Please complete/return a referral form. Forms are available in the staff room, on request (from the counsellor) or from the school website. Once you have made the referral, please ensure you check it has been received. Keep in mind that we must receive a referral before a pupil is seen for a first session.

What if they don't want to come?

Counselling for young people is voluntary, just as it would be for an adult. It is never o.k. for a pupil to be referred to the counsellor, or sent to sessions, against their will. Sending someone is unhelpful, as the person often resents coming and does not engage. The best thing to do is to encourage the young person to come for a no-obligation, introductory session, where they can find out more about counselling, confidentiality, and the 'counselling agreement'.

For more information, and to request/return referral forms, please contact:

Mr. Rory Formstone Roberts (School Counsellor)

ARCHERS BROOK SCHOOL
Chester Road, Great Sutton, Cheshire, CH66 2NA
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Archers Brook School



What is counselling?

Counselling takes place when a qualified counsellor sees a client in a private, confidential setting, to explore a difficulty the client is having, distress they are experiencing, or their dissatisfaction with life, or loss of a sense of direction and purpose. It is a way of enabling choice or change or reducing confusion.

What is counselling, NOT?

- the best choice for everyone
- obligatory
- a quick-fix
- a 'miracle cure'
- investigative
- behaviour-management
- the same as advice-giving
- telling someone what to do
- pushing people into dealing with issues

Why have counselling in school?

Evidence shows that school-based counselling can be extremely effective in promoting young people's welfare, supporting their learning, and alleviating and preventing the escalation of mental health problems. It brings counselling to young people in a place that is familiar, safe and secure.

How can counselling help?

Counselling can help young people to say how they feel, rather than act-out feelings through unhelpful behaviours. It can help them to solve problems for themselves, feel happier, get on better with others, and concentrate and learn in the classroom.

What type of issues may be referred?

- anger
- anxiety
- behaviour
- being in care
- bullying
- depression
- concerns about abuse
- drugs/alcohol
- exam stress
- family breakdown
- loss & bereavement
- low self-esteem
- self-harm
- suicidal thoughts

If you are unsure whether to refer a pupil for counselling, it may be helpful to discuss your thoughts with the counsellor.

What is person-centred counselling?

Pupils decide what issues to discuss and explore, and they do so at their own pace. Rather than advise or administer techniques, the counsellor provides certain conditions, which allow pupils to express and understand thoughts and feelings and use their own (inner) resources to find answers and direction.

Who is the school counsellor?

Rory is a teacher driven towards the successful utilisation and incorporation of behaviour management strategies and coping methods to guide learners to the way of living life by constructive means. After graduating from Bangor University with a degree in Primary Education with Qualified Teacher Status BA (HONS), Rory's road along education grew in multiple ways. The idea that human life is built from knowledge continues to expand internally and drive his career. Rory continued his study of youth through returning to university and studying MA Education Studies with specific focus of Behaviour Management and Analytics, and Counselling in Educational Practice. He now endeavours to create new theories and theoretical hypotheses which are being trialled and tested after research-based experience within schools.

Rory has additionally worked abroad for five summers in a camp in Minnesota that works with various communities such as, youth and young adults; living in transitional homing, living with or effected by HIV/AIDS, working towards a healthier lifestyle, exploring their identity within the LGBTQ+ community, living with Crohns and colitis. Rory originally worked as a camp counsellor before branching into the admin role of 'Camper Care Coordinator', which allowed him to dive into the fundamentals of campers' social, emotional, mental health and well-being. Rory will be continuing his international work whilst counselling for Archers' Brook and teaching in various Welsh schools.

Where and when - and for how long?

The counsellor sees pupils in a private room at school usually for 30-50 minutes each week, during the school day, in term time only. Pupils can come for counselling for as long as is it helpful to them. They can also call-in to see the counsellor, without an appointment, during drop-in times.

What about confidentiality?

Counselling is confidential. The counsellor does not discuss any details of sessions with others, including school staff or parents/carers, unless the pupil asks or agrees for this to happen, or where child protection concerns are raised. In this instance, the counsellor would refer the concerns to the school's child protection person(s), who may initiate a referral to an outside agency. Please read our Consent & Confidentiality Policy/Agreement.