

The Ravens Wood School Counselling Service

What is Counselling?

Counselling is offered as part of the pastoral care system at Ravens Wood and is a skilled way of helping students to find ways to manage their challenges. The aim is to empower them to live in a more resourceful way by giving them a safe and confidential place to offload their thoughts and feelings without being judged. It is a therapeutic process which assists a student to focus on their particular concerns whilst also addressing and exploring specific problems, making choices, working through feelings of conflict and improving relationships with others. It enables students to gain a better understanding of themselves and situations as well as developing strategies to manage change.

Counselling is not....

Telling young people what to do. It is a process built on trust which enables them to find their own strengths and abilities which will enable them to reach their goals and make choices, whatever they might be.

Will it help?

Counselling does not suit everyone, but for those who are sad, lonely, confused, angry or wanting to make changes in their lives, it may be a helpful form of support. It is always the young person's choice whether they wish to attend. They will be encouraged but not be forced to do so, and if they feel it will not be useful to them, their decision will be respected.

Is it confidential?

YES – with an important exception. What has been discussed remains confidential unless the young person gives their permission to tell someone else. If however it is felt that the young person is in danger of harming themselves or others, then there is a duty of care to escalate the matter appropriately, but the young person will be spoken to first to make them aware of what will happen and will be involved throughout.

How does an appointment get made?

Pupils are usually referred by a member of staff or carer, but they can also ask for counselling themselves.

Is the guardian's permission required?

Not always – this will be discussed in the first session

Do parents / guardians get feedback?

Not necessarily. The young person's confidentiality will be respected, but they are encouraged to discuss their issues with their parents / guardians.

How long will counselling be for?

This will largely depend upon the young person's needs. They are usually offered 6 sessions, but this is reviewed regularly to check progress. Some may feel that just 2-3 sessions are enough to start to make positive changes, whereas others may need longer term support. Usually the sessions are weekly, but again depending on their needs, this can be fortnightly or as and when required. Sometimes students will be referred to outside agencies such as CAMHS if longer term or more specialist work is required.

For further information, please contact our Safeguarding team via safeguarding@rws.uk.net