**Counselling – Parent/Carer information for Primary Children**

**What is Counselling? –**

Counselling provides your child with a safe, non-judgmental and confidential space in which to explore their feelings. Counselling can be for anyone experiencing any type of difficulty and will help them to express themselves and provide a better understanding of what is going on for them. The types of difficulties your child may be experiencing can range from behavioral to emotional issues. The counselling will give your child the opportunity to make some positive changes and look at ways to cope moving forward.

**What Happens in counselling? –**

Counselling is an intervention that can help with feelings of worry, uncertainty, confusion, anger or sadness however these are just a few of the emotions that can be helped through counselling. Our role as Counsellors is to help your child identify difficulties and work with a tailored approach to support change.

Our counselling model runs for 12 weeks and we will meet with yourself on the first and last week of the model. This gives us 10 sessions to work with your child using a variety of techniques from play therapy to art therapy. Adopting this approach allows Counsellors to tailor services to your child ensuring they receive the best service possible.

The counselling sessions will last for 50 minutes and your child will be given a time slot that will run on a weekly basis.

**What else do I need to know? –**

**Confidentiality –** Anything that the child expresses in counselling will not be shared with anyone without the child’s permission. The only exception to this would be if the Counsellor feels there is a safeguarding issue where the child could be at risk of harm. In this instance the Counsellor would follow Local Authority and Organisational guidelines in relation to child protection.

**Consent –** In order for us to work with your child and provide counselling we need to have your signed consent. This will be collected on week one during our meeting. As counselling is a choice your child will be free to decide if they want to attend counselling sessions or not. If 3 sessions are missed we will look to see if this is the right time for counselling to take place. If it is not we will suggest ending counselling and seek to determine a time when counselling would be more appropriate for your child should they wish to engage in future.