

# Counselling for Children at Buxton Community School

## Information for Parents

**Counselling offers a safe place where children and young people can talk about their thoughts and feelings in private.**

**Counsellor**  
**Debra McDonald-Webb**

### **Why talk to a Counsellor?**

When children are anxious, this can have an impact on their school work and friendships. Problems which seem unimportant to an adult can seem overwhelming to a child. Being able to talk to someone outside of their situation can help children to feel less burdened and more able to enjoy their time in school. Counsellors are trained to listen without judging and to help people sort out troubling thoughts and feelings.

### **Who might want to use this service?**

Children who are:

- worried or upset about something
- coping with change
- experiencing difficulties in their relationships with friends or with family members

The child will be offered an initial meeting with the counsellor to see whether counselling is the right service for them. If not, the counsellor will do her best to help them access the support they need. **The counselling room is B6.**

Confused?



Worried?



Angry?



Upset?



Stressed?



## How often will my child see the counsellor?

Normally children attend one 50-minute appointment weekly or fortnightly. Appointments will take place in school. Most children are offered between 6 and 12 sessions. The counsellor and child will review the counselling on a regular basis and decide together when the work will end.

## Confidentiality

Because of the importance of developing trust between child and counsellor, it is important the content of the sessions remain private.

However, if a child appeared to be at risk of harm, the counsellor may need to seek help from the safeguarding Officer (Mrs Garner) or other agencies to help keep them safe.

You can be assured that whatever your child discusses the counsellor will not be judging you or them but looking to help them find their way through what is troubling them.

## How do I arrange an appointment?

If you feel your son or daughter would benefit from having someone independent to talk to, please discuss this with your child. If they agree, you could then discuss it with your child's Tutor who can do the referral for you. It is important that no child feels singled out or pushed into talking with the counsellor if they are not comfortable with this. We encourage children and parents to see this as a normal and ordinary approach to supporting families. Alternatively, you can make a referral through the Pastoral Team or directly on the E help line. [ehelp@buxton.derbyshire.sch.uk](mailto:ehelp@buxton.derbyshire.sch.uk).

## About the counsellor

Debra McDonald-Webb has been providing counselling to Children for many years. Debra has experience of working with children of Primary School age, through to Secondary School, including 6<sup>th</sup> Form. Debra holds the Certificate and Advanced Diploma in Counselling and the Advanced Certificate in Supervision. Debra is a Senior Accredited Member of the British Association for Counselling and Psychotherapy.



