



## Counselling with children aged 5 to 13 at CFC



## What is counselling?

**Counselling** means spending time with someone called a *counsellor* exploring things that you are finding difficult or upsetting. You'll do this in different ways, for example through **talking, drawing, playing games** or filling in **activity sheets**. You won't have to do anything that you don't want to. This might help you feel better, but your counsellor may also encourage you to work out other ways you can cope with problems in the future.



## How long does it take?

**Counselling 'sessions'** take place each week at the same time, and last for up to **50 minutes**. This time is set aside especially for you by your counsellor.

You can have **8 sessions**, and then decide together if you need more. The adult who brings you will stay in the waiting area.

## Who gets to know?

**Counselling is private** – usually, no one else will know what happens in your sessions. Any notes your counsellor makes are kept locked safely away in this building, separate from your name and address. If you meet your counsellor outside the centre, they will wait until you acknowledge them before saying hello; they're not being unfriendly, they just want to make sure that your counselling remains your business.

However, if your counsellor thinks that you, or someone else may be at risk of serious harm, this concern may have to be shared to get **extra help**. This will nearly always be discussed with you first, and happens very rarely.

## Who is in charge?

**You are!** Sometimes, it may be helpful to invite your parent or the person who brings you for counselling to share a part of a session, so certain things can be discussed that involve you both. But it's your decision.

## Anything else?

**Endings** are very important in a counselling relationship. You'll review the work you've done together, which will help you in the future. They also allow for a proper 'good-bye' to someone who has shared a difficult stage of your life with you. So please come to the last session.

Please turn off **mobile phones** or switch them to silent when you are in the centre.



## Our agreement

I have **understood** this and am happy for counselling to begin.

	You	Counsellor
Name (print):	.....	.....
Signature:	.....	.....

Date .....

Countersigned\* ..... Parent/Guardian

\* I have read the above and the 'Information for adults' section overleaf

## Information for adults with children in counselling

What you contribute to the cost of counselling sessions depends on your total household income.

Please stay at CFC whilst your child has their counselling.

Please call us if you cannot attend an agreed appointment. If you pay for sessions, we charge your normal session price for missed sessions and sessions cancelled with less than 24 hours' notice. A free session is lost if you cancel or don't attend.

If you miss 2 sessions in a row and we cannot contact you, we will assume you do not wish to continue.

All our counsellors working with children and young people are fully qualified, and have received specialist training for this work.

All counsellors have supervision to ensure that the best possible service is provided to you and all our young clients. This ensures they are working within the BACP's *Ethical Framework*. They will talk to their supervisor about some of the work they do, but this is done confidentially.

Records are held securely and securely destroyed after 7 years.

We only use personal information to help us provide counselling. Our funders do want to know if we are helping people and we provide them with anonymised data.

Counsellors may ask for signed permission to write an anonymised case study.

If you need a letter or report for a solicitor, GP or tribunal etc., please speak to CFC reception (telephone 0161 941 7754) who will inform the Clinical Services Manager.