



Introduction to Counselling

Counselling can be helpful because it gives you the opportunity to talk about anything which is upsetting, worrying or confusing you. We provide a confidential space where you will not be criticised, judged or told what to do; but will be listened to, respected and given time to talk about whatever is troubling you. You will be helpful to understand yourself better, and to find a more comfortable way forward.

Counselling might be beneficial for you if:

- Something has been troubling you over a period of time and you are having difficulty finding a solution on your own;
- Things are getting on top of you and affecting your wellbeing;
- You find it hard to talk to friends or family because they are directly involved in the issues;
- Issues from the past are having an impact on your day to day life;
- Things that are troubling you are having a negative impact on your relationships or work.

Counselling can help you reflect and make sense of difficult life events and find a way to move forward. Some of the benefits are:

- Talking to someone neutral, outside of your immediate situation, can give a different perspective and help you to find a way forward;
- Talking with a trained counsellor who is skilled at listening can help you to process difficult thoughts and feelings;
- Sharing your worries helps you feel less alone with the problem;
- You can gain a better understanding of yourself and a clearer sense of what you want and need;
- You can practice communicating more clearly and honestly in the safety of the counselling relationship;
- Counselling can help improve your relationships and your ability to communicate.

Confidentiality

Information you give us is held confidentially, in compliance with both the Data Protection Act and the BACP's Ethical Framework for Good Practice in Counselling and Psychotherapy. All counsellors are supervised by an independent, experienced supervisor. Information discussed in sessions is confidential unless it is deemed that somebody is at risk of harm.

We may not be able to maintain confidentiality if we believe that there is a significant risk of harm to yourself or someone else, but we would discuss this with you first.

Appointments

Counselling sessions last up to 50 minutes. Appointment times are rotated so that the same lessons are not repeatedly missed. Appointment times during lunch and after school are available.

If you are unable to attend, please contact the counsellor on school.counsellor@bedes.org or Linda Drury, the Medical Administrator on linda.drury@bedes.org to cancel or rearrange, giving as much notice as possible. Remember to confirm your next appointment to ensure that it is kept for you.

If you miss more than two sessions without an explanation you might have to go on the waiting list.

To request an appointment:

Email: school.counsellor@bedes.org

MyBedes: Counselling Referral Form

Ask a member of staff to refer you on your behalf