

Wallington High School for Girls Counselling Service

What is Counselling?

Counselling at Wallington Girls offers a safe place for students to be listened to without judgement. 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. 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 cope and 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 in turns helps 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?

Students are usually referred by their Head of Year (HOY). Parents/guardians or the student themselves can also ask for counselling by speaking to their HOY or Mrs German who can make a referral on their behalf.

Is the guardian's permission required?

Not always – if the young person has specifically asked that their parent/guardians are not informed, this will be respected.

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 more specialist work is required.

What issues are explored in Counselling?

Typical examples include:

- Anger
- Anxiety
- Depression and low moods
- Low self-esteem/self-image
- Post-traumatic stress
- Bereavement
- Relationship / family breakdown
- Bullying
- OCD
- Phobias
- Gender and Identity
- Substance abuse by self or others
- Sex and sexuality
- Eating disorders
- Self-harm
- Abuse - Emotional /physical/sexual/domestic

***For further information, please contact Mrs German
mgerman@wallingtongirls.org.uk or your daughter's Head of Year.***



Our school counsellor is Chisom Nwankwo.