

Information for Parents whose children are attending Counselling.



Jo Cooke Counselling
jocookecounselling@icloud.com
07832 207309
Caversham



Counselling for Young People

Many parents/carers have questions and concerns when their child starts counselling. I hope that this document will give you the information and understanding of the counselling process to help with these questions and concerns.

What is counselling?

Counselling is there to help your child make sense of their thoughts and feelings and what is happening in their life. I do not give advice but will help them to make decisions about how to make any changes that they may want. Counselling offers a confidential, respectful, and non-judgemental space for the young person. Everyone, regardless of age, race, gender, sexual orientation, religious belief, physical or intellectual ability is treated with equal respect and consideration.

Experience has taught me that counselling works best when the young person wants to engage in the process, and you should have their consent before contacting me.

I am qualified as an adult counsellor and have completed further Children and Young People training from a professionally recognised college. I have an enhanced DBS and undertake regular child protection and Prevent training. I work to the ethical standards as set by the British Association of Counselling and Psychotherapy (BACP).

Supervision

I work regularly with a supervisor as an essential part of my safe and ethical practice. All my client work is discussed anonymously and confidentially.

About the sessions

A counselling session lasts for up to an hour, usually at the same time each week. The timing and length of the sessions will be discussed during the introduction session with the young person and their parents. For many children and hour is too long.

Confidentiality

The counselling room is a private space, and your child has a right to confidentiality. This confidentiality will only be broken under specific circumstances:

- where there is immediate risk of harm to either your child or others
- When there is a safeguarding concern

There is a legal obligation to act upon safety and safeguarding concerns, and I would always seek to talk this through with your child and yourself before taking any action.



Asking me about the counselling

The degree of confidentiality in counselling can sometimes be difficult for a parent/carer who is used to discussing their child with professionals. It is important to remember that I have agreed to a confidential relationship with your child.

It is important that your child feels free to talk about anything that is troubling them, and this may involve other family members. This may worry you, but please remember that I am not there to judge you or another family member. My sole purpose is to help your child to resolve their difficulties in a positive way.

Asking your child about the counselling

The counselling relationship is private and personal, and each young person will respond differently to it. Some may wish to talk about their sessions, others may want to keep it to themselves. Please allow your child to decide when and how much they wish to share with you.

There may be times when your child seems upset following a session, and this may be because they have been talking about painful feelings.

It is important for parents/carers to show sensitivity to their distress whilst also respecting their privacy. It is helpful to let your child know that you want to help by listening to their concerns, but please avoid trying to 'fix' the problem for them – change is more likely to be effective when they have come to their own decisions.

Cancellations

It is an important part of counselling that you commit to attending regular appointments. If there is a reason that your child is not able to attend their session, please give as much notice as possible by either emailing or texting me.

Ending counselling

I would encourage your child to end in person with me whenever possible. The final session is an important part of the counselling process, where your child can explore the progress, they have made and think about how they will cope with difficulties in the future.

After counselling

After counselling has ended, your child may not feel that their problems have been resolved. The therapeutic process takes time, and the benefits from counselling can be felt in the weeks and months to come. Even when things feel difficult, your child may find that they are dealing with the problem in a different way.

I cannot guarantee specific results. However, I may give information or guidance for your child to consider that could be helpful, but it is for your child to be motivated to change.

And finally

I hope that you have found the above information helpful. If you have any further questions, please don't hesitate to contact me.

I look forward to seeing your child for their appointment.

