

Information for Young People attending Counselling



Jo Cooke Counselling
jocookecounselling@icloud.com
07832 207309
Caversham

Counselling for Young People

Many young people have questions and concerns when they are about to start counselling. We hope that this document will give you an understanding of the counselling process to help with these questions and concerns.

What is counselling?

Counselling is there to help you make sense of your thoughts and feelings and what's happening in your life. It gives you a private space to talk about difficult feelings or situations, whatever they may be.

Many people are nervous at first. This is quite natural. Whatever you talk about, you will be welcomed and listened to with respect and without judgement. You may know what you want to talk about, or you may not be sure. Whatever the case, I will not pressure you to talk about anything you don't want to.

I won't give advice or tell you what to do – you are the expert about your life – I am there with you, helping whilst you work through your feelings and situations.

Counselling can help you feel better about yourself, be less angry, sad or stressed, and can help you feel able to cope better. Sometimes it really helps to talk to someone who isn't a family member or a friend.

There is no right or wrong way to experience counselling, it is a very individual experience. Your counselling session may just be talking, or there may be some activities to do that could be helpful. You always have the choice about what you want to do.

Confidentiality

Anything you say to me is confidential. However, I do have a responsibility to act if I think you or someone else is not safe. I will usually try to talk this through with you first and involve you in how and when any information might be shared. I am concerned about your best interests and will only involve someone else if I am very worried about your safety. I have a supervisor who I discuss my work with and who helps me think about how they can best support you. I am required to keep your information private and confidential.

About the sessions

Our counselling sessions will usually take place weekly, at the same time and day, and last up to an hour. We may have shorter sessions if you feel that works better for you.

If you are unable to attend a session, you or your parent/carer should contact me to let me know. I understand that sometimes things come up suddenly, such as feeling unwell.



Difficult feelings after counselling

You may find that counselling brings up some difficult feelings for you. This is completely normal and is often a sign that you are dealing with important problems. However, if you are feeling overwhelmed during a session, just let me know.

You may also feel tired after a session, and it can be a good idea to think about how you are going to relax afterwards.

And finally

We hope this information has been useful. If you have any further questions, please don't hesitate to get in contact with me.



I look forward to working with you.

