



COUNSELLING FOR YOUNG PEOPLE



Information for the young person

ARC Counselling

www.arcweb.org.uk

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Registered Charity 1043347

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. but, whatever you talk about, you will be made welcome 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, your counsellor will not pressure you to talk about anything you don't want to.

The counsellor does not give advice or tell you what to do – you are the expert about your life – but they are there to be with you and help 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 your counsellor is confidential. However, your counsellor has a responsibility to act if they think you or someone else is not safe. They will usually try to talk this through with you first and involve you in how and when any

information might be shared. The counsellor will be concerned about your best interests and will only involve someone else if they are very worried about your safety.

All counsellors have a supervisor who they discuss their work with and who helps them think about how they can best support you. They are also required to keep your information private and confidential.

What you can expect from us

- Confidentiality
- Honesty
- Fairness and respect

About the sessions

Counselling sessions take place weekly, at the same time and day, and last up to 50 minutes. If you are 11-15 years old, you will be offered up to 9 sessions; if you are 16-17 years old, it will be up to 12 sessions.

If you are unable to attend a session, you or your parent/carer should contact the office at ARC or your counsellor to let them know. We understand that sometimes things come up suddenly, such as feeling unwell, but if you miss 2 sessions without letting us know, then we would need to give your space to someone else who is waiting to see a counsellor.

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 your counsellor know.

You may 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 has been useful. If you have any further questions, please don't hesitate to contact ARC or ask your counsellor.