



## Professional Relationships ECHC5004

### Week 8: Counselling in Schools

---

---

---

---

---

---

---

### Schedule for Today

- ✓ Check in with Ceri –
- ✓ Recap of what has been covered thus far...
- ✓ **Topic Today: Counselling in Schools**
- ✓ Next Week: GP and Private Practice

---

---

---

---

---

---

---

### BACKGROUND

- Following the **Clywch inquiry (2004)** – a report into the abuse of children at a Welsh language comprehensive – the Children's Commissioner for Wales recommended that all young people in schools should have a trusted adult to talk to about their concerns.
- Welsh Government commissioned a research team led by the British Association for Counselling and Psychotherapy (BACP) and the University of Newcastle to evaluate counselling in schools across the UK (Pattison et al. 2007).
- Recommendations for Developing a School-based Counselling strategy in Wales.
- The Strategy aimed to ensure that counselling services were available in all Welsh secondary schools, along with the piloting of primary school services in four local authorities. Initial funding of £1m was made available in 2008-09, with additional sums of £2.5m in 2009-10 and £3m in 2010-11 to take the Strategy forward. An additional £1.5m was agreed for 2010-11 to expand services and a further £14.25 million has been committed for the years 2011-14.
- Evaluation of the Welsh School-based Counselling Strategy: Final Report (2011)

<https://gov.wales/sites/default/files/statistics-and-research/2019-05/evaluation-welsh-school-based-counselling-strategy-final.pdf>

---

---

---

---

---

---

---

## Statutory guidance to Welsh local authorities on the provision of independent counselling services

- Counselling is one of a range of services that help to support the health, emotional and social needs of young people and lead to a healthy school culture, although it is not intended to replace the support provided by responsible adults in educational settings to promote the well-being of young people. Early and easy access to counselling can prevent mental health problems developing or becoming more serious, and can build up trust and confidence to enable young people to access more specialist services if required.
- <https://gov.wales/sites/default/files/publications/2018-03/statutory-guidance-to-welsh-local-authorities-on-the-provision-of-independent-counselling-services.pdf>

---

---

---

---

---

---

---

---

## Independent Counselling Services

- In delivering counselling services the counsellor must be, and must be seen to be, independent of the school or other educational establishments where the service is provided to young people<sup>1</sup>.
- It is important that the counsellor is able to support the child/young person without any conflict of interest. The independence of the counsellor is particularly important when dealing with children and young people who are alienated from school, or when dealing with parents/carers who may feel reluctant to approach the school to discuss issues.

---

---

---

---

---

---

---

---

- The independence of the counsellor and the needs of the child/young person need to be balanced with an understanding of and respect for the school ethos, so that the counsellor is a supportive part of the school community.
- Counselling should complement the work being carried out in schools and other educational settings to support and promote the emotional well-being of learners. Independence should be built into all stages of the independent counselling services provision including, for example, the agreement entered into between an LA and a counselling service provider.

---

---

---

---

---

---

---

---

- School-based counselling is a professional activity, delivered by qualified practitioners in schools. Counsellors offer troubled and/or distressed children and young people an opportunity to explore and understand their difficulties within a relationship of agreed confidentiality.
- School-based counselling is one of the most prevalent forms of psychological therapy for children and young people in the UK with between 70,000–90,000 cases seen in UK secondary schools each year. However, provision is inconsistent and many children in England do not have access to a counsellor in their school.

<https://www.bacp.co.uk/media/2127/bacp-school-based-counselling-for-all-briefing-dec15.pdf>

---

---

---

---

---

---

---

---

#### **The Taskforce on Mental Health in Society (2015) The Mentally Healthy Society: The report of the Taskforce on Mental Health in Society**

- "All children should be able to access professional, qualified counselling and therapy services in their school or college in age-appropriate form"
- "School-based provision tends to be well-suited to offering the type of lower-level intervention that can be hard to access through formal CAMHS, but which can prevent problems subsequently becoming more serious"
- "School-based provision is highly accessible, avoiding lengthy or complex referral processes, and waits tend to be relatively short. School is also where young people already are during the day, and – crucially – is where they say they want to access services: over two-thirds say they would rather see a counsellor at their school as opposed to outside"
- "Because schools are a universal service, accessing provision in schools can help to overcome any perceived stigma or reluctance to attend mental health services. For these reasons, school-based services such as counselling tend to have high take-up, and there is evidence that young people are more likely to access school-based mental health services when compared with non-school-based ones."

---

---

---

---

---

---

---

---

#### **Delivering school-based counselling: Complimenting and supporting other services**

##### **Counselling as a preventative measure:**

- School staff, parents/carers and/or other adults close to the child or young person identify that there are signs of behavioural change (e.g. children and young people engaging in risk-taking behaviour like drug and alcohol misuse) and refer them, with the children and young people's consent, to counselling in order to help them explore and make more positive, goal orientated choices.

---

---

---

---

---

---

---

---

#### Counselling as an early intervention measure

- Children and young people themselves, or the adults around them identify a problem and refer the children and young people to counselling. Within school counselling young people are seen usually in two to three weeks, it would be unusual to wait longer than four weeks to be assessed by a school counsellor.

---

---

---

---

---

---

---

#### Counselling as a parallel support alongside specialist CAMHS

- When this is working well, it reduces CAMHS workload and discharge can be quicker.

---

---

---

---

---

---

---

#### Counselling as a tapering intervention when case is closed by CAMHS

- Children and young people attend counselling as a further support which consolidates the work of CAMHS. Counselling is also tapered to an end but should problems escalate, for whatever reason, then a fast track communication and referral can operate between counselling and CAMHS.

---

---

---

---

---

---

---

## School-based counselling: standards and workforce

- The Department for Education's report *Counselling in schools: a blueprint for the future*, recommends schools employ an "appropriately qualified and experienced external provider" in order to give "assurance to schools that the counsellor is properly trained, supported, professionally supervised, insured and working within agreed policy frameworks and standards, and is accountable to a professional body with a clearly articulated complaints procedure"

---

---

---

---

---

---

---

---

## LA's Independent Counselling

- The Exchange (SWANSEA) <http://exchange-counselling.wales/aboutus.html>
- Jigsaw - School-Based Counselling Service is available in all comprehensive schools through-out Neath-Port Talbot County Borough Council. <https://www.npted.org/jigsaw/Pages/Counselling-Information.aspx>
- Area 43 Carmarthenshire and Ceredigion <https://www.area43.co.uk/counselling/>

### Others

- Place 2be School-based programme
- <https://www.place2be.org.uk/>

---

---

---

---

---

---

---

---

## University and College Counselling: FE & HE

- BACP Division:
- University and College Counselling (Further Education) <https://www.bacp.co.uk/media/2290/bacp-university-college-counselling-nov17.pdf>
- University and College Counselling <https://www.bacp.co.uk/media/2237/bacp-university-college-counselling-services-sector-resource-003.pdf>
- BACP Backing College Mental Health Charter <https://www.bacp.co.uk/news/news-from-bacp/2019/17-may-bacp-backs-colleges-charter-on-commitment-to-mental-health-of-staff-and-students/>
- <https://www.bacp.co.uk/media/4159/bacp-student-mental-health-briefing.pdf>

---

---

---

---

---

---

---

---