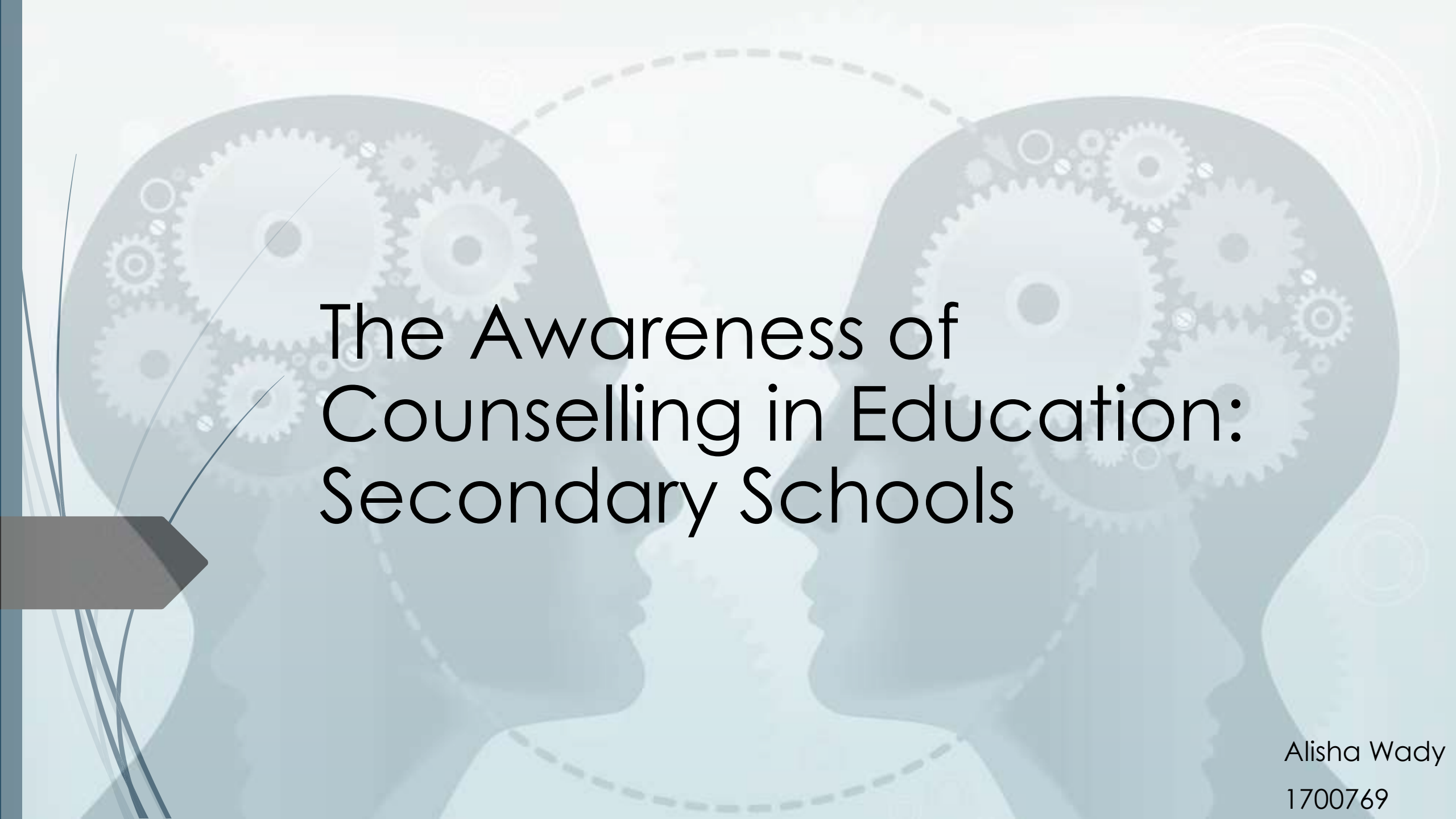




The Awareness of Counselling in Education: Secondary Schools

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Project Proposal...

- A Literature Review (Sonoma University, 2019)
- Secondary Resources
- What is Counselling?
- Children and Young People
- Subjective Research



Therapies for Children and Young People

**COGNITIVE
BEHAVIOURAL
THERAPY (CBT)**

**INTERPERSONAL
THERAPY (IPT)**

**TYPES OF TALKING
THERAPIES**

**MINDFULNESS-
BASED COGNITIVE
THERAPY (MBCT)**

COUNSELLING

Research Question...



Perceptions of
school leaders of
counselling used for
children and young
people

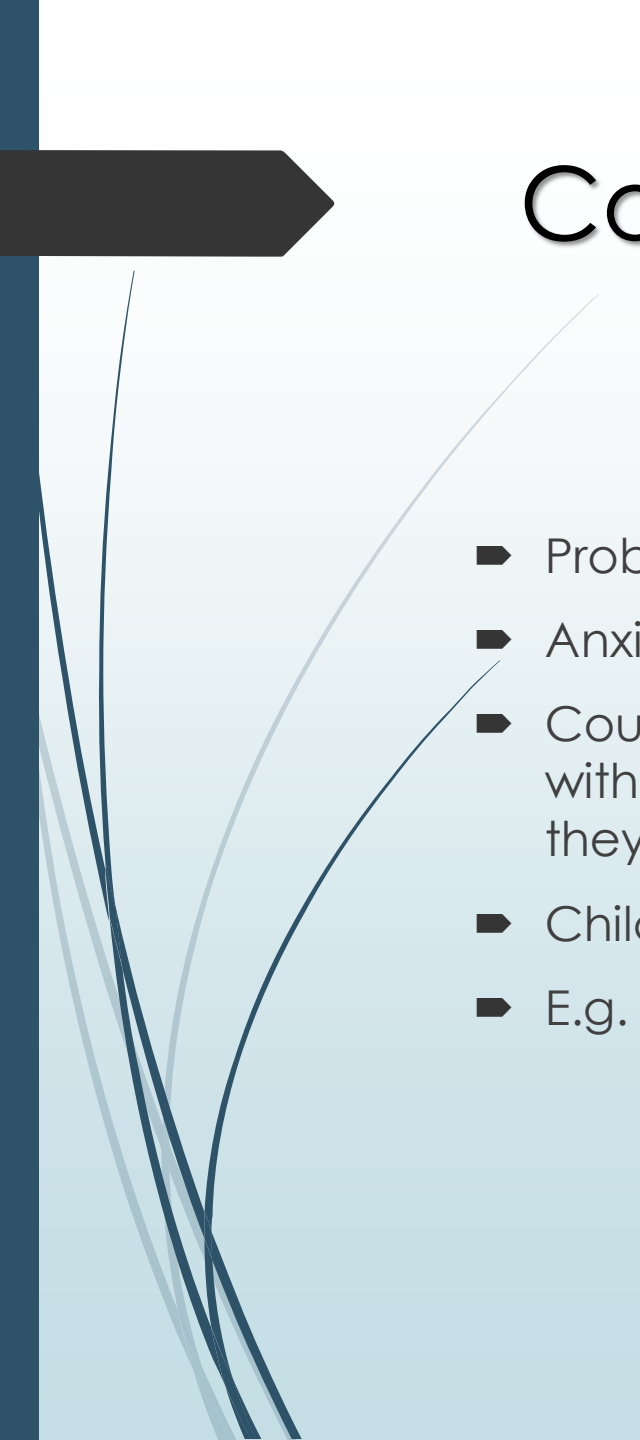
Perceptions of
secondary school
students on how
much they
understand
counselling

COUNSELLING IN
SECONDARY
SCHOOLS FOR
CHILDREN AND
YOUNG PEOPLE

What is Counselling?

- “Counselling is a talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues” (NHS, 2017).
- Coping strategies for:
- Mental Health Issues, Physical Health Conditions, Life events, Emotional issues etc.
- Examples?





Counselling for Children and Young People

- Problems relating to friends, family or school work.
- Anxious, depressed, scared and angry.
- Counselling and other services can help talk things through, support them without making them feel judged, and feel confident when discussing how they feel.
- Child services can range from online chats, to face to face medical help.
- E.g. ChildLine, NHS/GP surgery, school-based.

(Young Minds, 2019)

Counselling in Comprehensive Schools

- BACP (2016) “Counsellors offer troubled and/or distressed children and young people an opportunity to talk about their difficulties, within a relationship of agreed confidentiality”.
- Beneficial reasons to school-based counselling?
- Practical Issues of a Counsellor
- Policies and Legislations;
 - Independent Counselling Service for Schools (ICSS)
 - National Children’s Bureau (NCB)



(Department of Education, 2016)

(National Children’s Bureau, 2016)



Case Report: School-Based Counselling

- School-Based Counselling in UK Secondary Schools: A Review and Critical Evaluation (Cooper, 2013).
- Cooper (2013) "School-based counselling is one of the most prevalent forms of psychological therapy for young people in the UK, with approximately 70,000-90,000 cases per year".
- Reported Aims
- SUMMARY:
 - Strengths
 - Weaknesses

(Mark Cooper, 2013)

5 Main Factors of School-Based Counselling

1. BULLYING

2. FAMILY
ISSUES

3.
RELATIONSHIP
S & SEX

4.
BEREAVEMENT

5.
AGGRESSIVE
BEHAVIOURS



Ethical Considerations...

- Ethical Framework on Counselling; the 5 factors of school-based counselling –
- Counsellor:
 - Understanding the difficulty;
 - Suggest strategies and advice to overcome the stress;
- Service User:
 - Talk about the difficulty in confidence – family/friends, teachers, counsellors;
 - Understanding why they feel this way;
 - Building strategies advised to them.

Implications...

Amount of Research out there –
school-based counselling

→ Narrowing the search

Importance of school counselling

Awareness for children and young
people



Discussion...

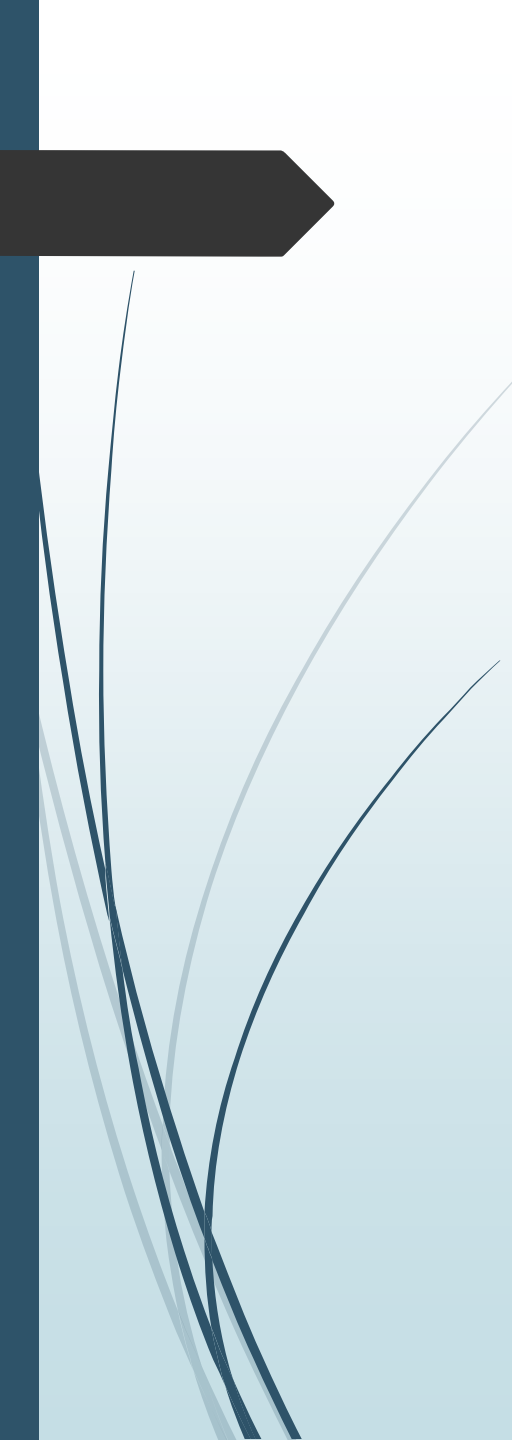
- Relating back to the Research Questions
- Purpose of this presentation
- Impact on counselling within children and young people – 5 factors
- Begin to explore further research into the topic –
 - Research into secondary schools in the local area;
 - View government plans.



Department
for Education

Any Questions?





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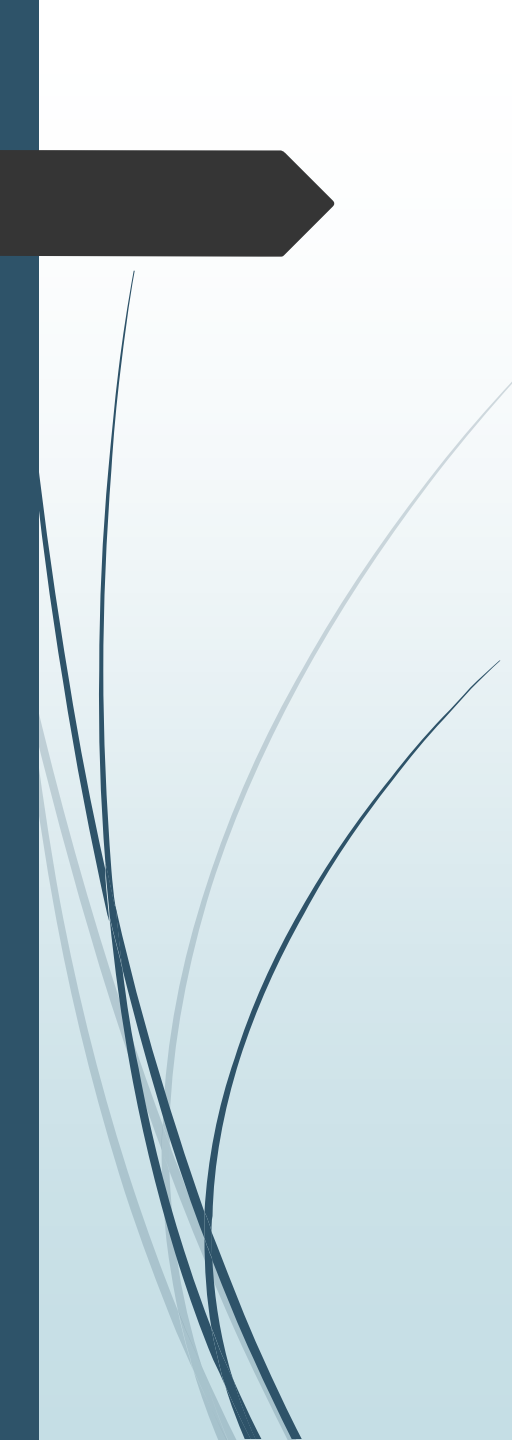
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