

## Counselling for children and young people in schools

**September 2021 – August 2022**

St Albans Schools' Partnership offers a number of packages to support children, young people, adults and school staff through intensive programmes. Each support scheme will start with a referral from school or parent, a conversation to discuss the intervention required and desired outcomes. Schools will be provided with an evaluation at the end of the intervention to discuss whether outcomes have been met and establish future service requirements.

**Please find below details of the Counselling in Schools service provided by our valued Counsellors. The aim of this service is to provide early emotional support and therapeutic interventions for children and young people who are experiencing difficulties which prevent them from engaging fully in their education.**

**We aim for each intervention to last a term. A review will take place before the end of the term to discuss if the pupil's needs have been met and the service will only continue with agreement from school. We can offer this service termly or annually – please see table below. (We are a 'not for profit' company and you will note that our costs are favourable to HCC Counselling in Schools).**

	<b>Vista costs</b>
Term fee (for 10 sessions)	£450
38 Weeks purchase of sessions @ £45 = £1710. Annual contract for 1 session per week (10% discount)	£1540

ISSUES ADDRESSED WITH INDIVIDUAL STUDENTS	WAYS OF WORKING
<p><b>Supporting children with emotional literacy, behaviour and mental health problems</b></p> <ul style="list-style-type: none"> <li>• Abuse</li> <li>• Anxiety issues</li> <li>• Body image</li> <li>• Family Crisis</li> <li>• Friendship difficulties</li> <li>• Learning difficulties</li> <li>• Low self esteem and low confidence</li> <li>• Self-harm</li> <li>• Sexuality</li> <li>• Trauma</li> <li>• Anger</li> <li>• Bereavement</li> <li>• Bullying</li> </ul>	<p><b>Interventions to include:</b></p> <ul style="list-style-type: none"> <li>• Play therapy</li> <li>• CBT (Cognitive Behaviour Therapy)</li> <li>• Strategies and Mindfulness</li> <li>• A non-judgemental way of building trust between Counsellor and student</li> <li>• Confidentiality</li> <li>• Safeguarding</li> <li>• Remaining calm and patient under pressure</li> <li>• Liaising with relevant school staff when necessary</li> <li>• Analysis of complex problems</li> </ul>
<b>OUTCOMES THAT CAN BE ACHIEVED</b>	
<ul style="list-style-type: none"> <li>• Reduce anxiety</li> <li>• Raise confidence and self esteem</li> <li>• Acceptance of self</li> <li>• Increase in self awareness</li> <li>• Understanding strategies and consequences</li> <li>• More awareness of self and needs, being able to get the needs met</li> </ul>	