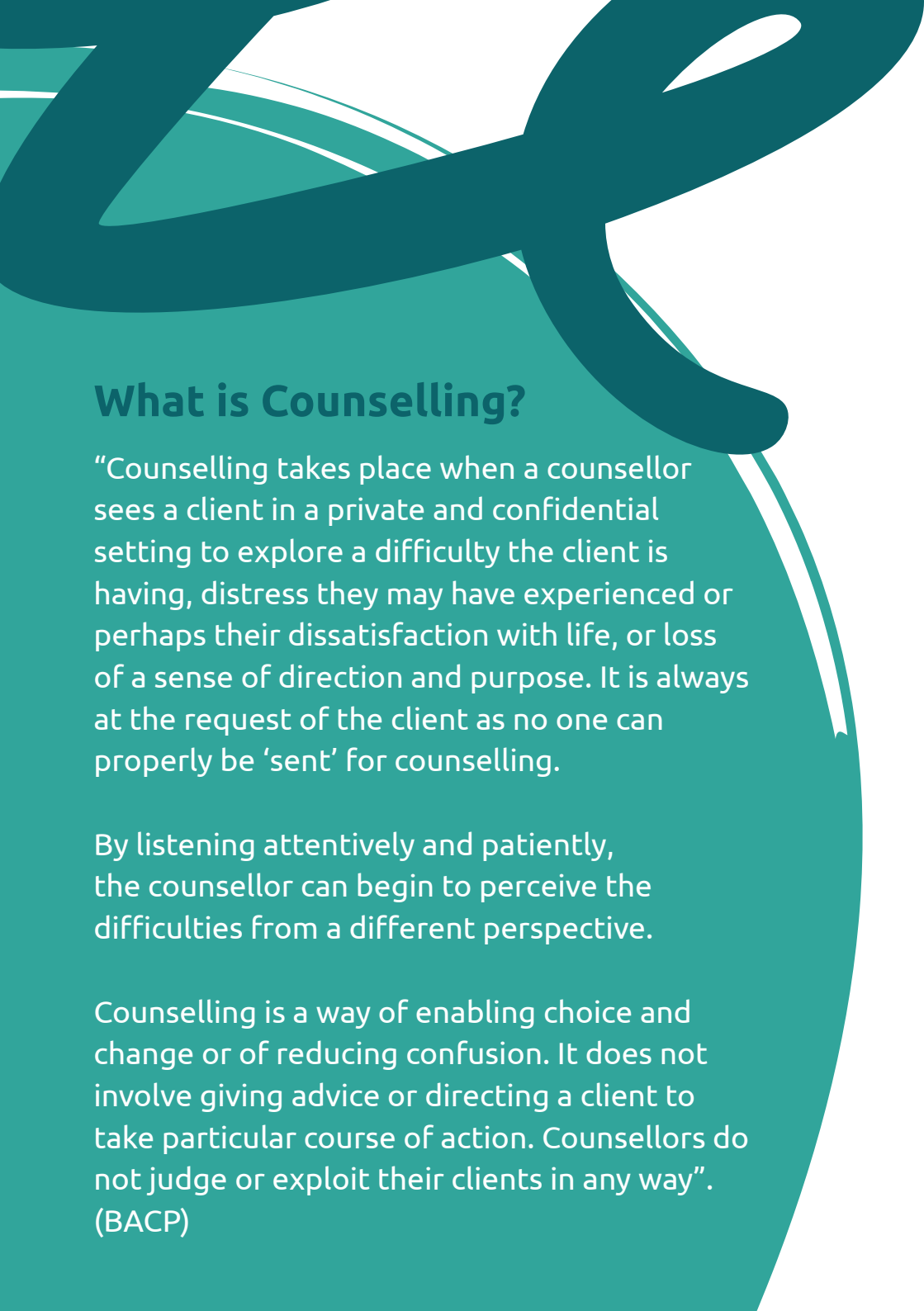


Counselling service

At Inscape House School





What is Counselling?

“Counselling takes place when a counsellor sees a client in a private and confidential setting to explore a difficulty the client is having, distress they may have experienced or perhaps their dissatisfaction with life, or loss of a sense of direction and purpose. It is always at the request of the client as no one can properly be ‘sent’ for counselling.

By listening attentively and patiently, the counsellor can begin to perceive the difficulties from a different perspective.

Counselling is a way of enabling choice and change or of reducing confusion. It does not involve giving advice or directing a client to take particular course of action. Counsellors do not judge or exploit their clients in any way”.
(BACP)

Sand tray work

Our counsellors will often integrate sand tray work into their practice. The counsellor will encourage the client to express themselves by creating a safe, imaginary world using objects that might include figurines such as trees, people, houses and animals, or imaginary figurines, like wizards and monsters.

These carefully selected objects represent their words and allow clients to create aspects of their inner or outer worlds in a tray of sand.

Sand tray work helps the client work through any painful memories. At the end of the session, the therapist and client will reflect on and discuss the underlying meaning behind the creation.





The Counselling service at Inscape House

We have 3 full time Counsellors. They work using a tier system.

Tier 1
Drop-in sessions

Tier 2
Group work

Tier 2
One to one counselling session

Drop-ins are available for all students to access at daily drop-in times. Drop-ins are an informal way of accessing the counsellors. Drop-ins are available at the students request. The class teams are made aware of the times of the drop ins and will arrange this on the students behalf. If a child is regularly attending drop-in sessions the support may be escalated to tier 3 where formal one to one sessions will be offered.

There are no limits to the number of sessions that students may have, however, to ensure the student is using counselling effectively regular reviews will take place so the client can re-visit personal goals and decide on the direction they want to go and/or if the counsellor feels that the student is benefiting from support.

The counsellor, where possible, will try to arrange sessions so they do not impact on core lessons. However, in special cases where the student is experiencing great distress the student's emotional health will supersede. School counsellors will always liaise with class teams.

Counselling sessions can also be offered online for students who are struggling with school-based anxiety or are not attending school for any reason.







Referral Process

There are a number of ways that students can be referred to the school counselling service;

Student self referral

Students may approach the school counsellor directly to make an appointment, or alternatively they can ask any member of staff or a parent/carer to make an appointment on their behalf. In cases of self-referral, the school counsellor will complete a paper referral form.

Referral by parents

A referral form is available in the school reception area; parents can request counselling for their child through the school counsellor and other school staff, or by submitting a referral form. It is essential that the parent/carer consults the child prior to the referral.

Confidentiality

Confidentiality in counselling is not only a right it is important to the students accessing it. Confidentiality is essential to counselling to:

promote a trusting relationship with the therapist.

allow the young person to share thoughts, feelings and to open up without fear of blame, reprisal or judgement.

help the young person speak freely about issues that are bothering them encourage other students to come forward.

The counsellor has a duty of care to protect students which is always the guiding principle in all decisions made by the school counsellor. Counselling sessions remain confidential between the student and school counsellor; unless a safeguarding concern arises, and the school counsellors will always follow safeguarding policy and procedures.

Confidentiality may also need to be broken if required by a court order. The school counsellors may share information with third parties on a strictly need to know basis in agreement with the student. It is always the aim of the school counsellors to obtain consent from the student to share information before sharing

(however in the case of a criminal act or a safeguarding concern confidentiality may have to be breached).
The school counsellors may seek specialist advice and support from their external supervisor.



Communication of confidentiality

The school counsellor(s) will make clear to students, the level of confidentiality offered by the Inscape House School counselling service. This will be delivered through:

discussion at the initial session and throughout the counselling relationship.

displaying a brief confidentiality statement in the counselling room.

use of the counselling written contract.



Safeguarding and Child Protection

All Inscape House School counsellors always follow Inscape House School Safeguarding and Child Protection guidance for staff and the Together Trust Safeguarding Policy.

Complaints and Concerns

Should you have any concerns or complaints about the counselling service at Inscape House or one of the Counsellors, please contact the Counsellor directly in the first instance. If this is not possible or the issue has not been resolved please contact:

Rick Vogan

Head of Clinical Services

0161 283 4848



A calm and quiet therapeutic space to practice guided meditation and mindfulness to support regulation and calming strategies.



Sandy Dunphy (MBACP) Senior School Counsellor

Holistic Integrative Counsellor, Dip. Couns

Accredited Play and Creative Art Therapist - PG Cert,
Post Grad Dip

Certified Child & Adolescent Trauma Informed Therapist

Clinical Supervisor - Post Graduate - level 7

Theraplay Practitioner



Paula Rogers (MBACP) Senior School Counsellor

Holistic Integrative Counsellor, Dip. Couns

Certified Play and Creative Arts Therapist - PG Cert, Post
Grad Dip

Certified Child & Adolescent Trauma Informed Therapist

Clinical Supervisor - Post Graduate - level 7

AutPlay Therapist



Kate Coshall (MBACP) Senior School Counsellor -
Graduate Diploma

Trauma and Mental Health Informed Practitioner

Clinical Supervisor - Post Graduate - level 7