Schools’ Choice Counselling service

- 1:1 Counselling support for CYP, families and school staff
- Group counselling programmes
- Whole school approaches focusing on emotional wellbeing, including PHSE and pastoral support.

One of the five big ideas from the Emotional and Wellbeing Transformation plan is help when you need it, which sets out the Schools’ Choice marketing for counselling.

Our school based counselling service will complement the range of approaches already available in schools that help support the health, emotional and social needs of students and staff to lead to a positive whole school culture.

Schools’ Choice counsellors are professionally qualified and have experience of working with young people and adults with a person centred approach. They will also have access to supervision from fellow colleagues who are experienced supervisors and will actively take part in continuous professional development. All of which strengthens the high standard of service delivery.

All our counsellors are either a member of British Association of Counselling Psychotherapy (BACP) or equivalent, therefore providing a commitment to working within the BACP ethical framework.

Evidence shows that a counselling service which provides support within an overall school strategy can be highly effective in promoting children and young people's welfare. Supporting both their learning and achievement as well as alleviating and preventing the escalation of mental health problems.

We will be willing to work flexibly in accordance with need and are happy to shape the service with continued school input. This is because we understand that the success of a school based counselling service depends upon a good working relationship between counsellor and senior member of staff with pastoral and SEND responsibilities.
Inclusion Facilitators

Our Inclusion Facilitators are passionate, innovative, resilient, flexible and enthusiastic. They are prepared to go that extra mile in order to achieve the best outcomes for children and young people. They will work on supporting children and young people with friendships, social connections, confidence, resilience and their education to pursue a better life.

An Inclusion Facilitator will work with children and young people within the home environment, education setting and local community alongside their families, education staff and extended natural support. They will demonstrate a commitment to review, monitor and track improvements with the five dimensions of inclusion at their core.

Using a range of interventions such as:

- Working with young people using Solution Focused Brief Therapy programmes such as Sycol’s 3 Session Change Programme & competency profiling
- Working with small groups supporting young people to improve their social skills & learning and setting up peer support programmes (circle of friends)
- Working 1:1 with children and young people both within the home, community and educational setting
- Person centred and collaborative problem solving processes such as; PATH, MAP, Solution Circles and Circles of Adults
- Pursuing the actions identified from a PATH over a set period of time
- Community engagement e.g. Community Circles
- Working to build resilience, raise self-esteem and improve anxiety
- Adopting the Signs of Safety model
- Certified to provide Elklan practical advice and using strategies to support communication needs for both primary and secondary aged students

5 Dimensions of Inclusion:
Being Someone, Making a Contribution, Belonging, Having Choice and Control, Sharing Ordinary Places