



What is Counselling?

An Information Document for Parent/Carers.

Counselling is a Talking Therapy where young people can speak about whatever is currently on their mind. It is always up to the young person how they use the time in their counselling sessions; sometimes they may need time to be quiet and think and other times, they may want to offload on how life is going for them. Sometimes, the counsellor might use games or art to help explore and understand how a young person is feeling.

How will counselling help?

Sometimes life can be confusing, overwhelming or troubling and young people may feel extremely worried, sad, angry, confused or hopeless. Counselling can be a really helpful way to help young people understand these feelings and find new ways of coping. Counselling offers the opportunity for a young person to speak confidentially with someone who is not going to judge their situation, and who is going to create a safe, confidential space where they can speak freely about things that they may find difficult.

What does confidential mean?

Confidential means that what is spoken about in counselling remains private between the counsellor and the young person. If the counsellor understands that the young person is in a situation that is dangerous for them then the Ignite Life Safeguarding Team will be informed – they will decide the best way to support the young person. Sometimes this can mean disclosing what has been spoken about with a parent or carer or other agencies. This is only if absolutely necessary and to ensure that the young person is safe and well.

Will the counsellor take notes or talk about the young person to anyone?

The counsellor will keep brief notes for their records and will attend monthly supervision. Counsellors have supervision once a month with a clinical supervisor to discuss any issues that come up in their work. They may discuss the young person's session, but the Supervisor is bound by the same rules of confidentiality as the counsellor.

Where will the appointments happen?

If you think counselling would be suitable for a young person that you know, please complete a referral form. Once we receive and review this, a member of the Ignite Life team will be in touch. Sessions would take place at the same time slot every week at the Impact Mentoring youth centre in Tuffley.