



**School Counsellor  
Mrs Carole Powell**

I am a professionally qualified and experienced counsellor, having worked with primary school age children for many years both as a counsellor and teacher. I am committed to the BACP (British Association of Counsellors and Psychotherapists) and the CCYP (Counselling for Children and Young People) ethical framework and I am bound by the BACP code of conduct, so you can be assured that therapy at The Stoke Poges School will be carried out to the highest professional standard. I work using a person centred approach and I regularly undertake additional training to develop and enhance my counselling work with children. I have worked with children presenting a wide variety of issues and I have witnessed first-hand the positive effect counselling can have on my client's emotional and educational wellbeing. I hold a current advanced CRB certificate.

## What is counselling?

Counselling takes place in a private and confidential setting. As a caring, trusting, and mutually respectful relationship emerges, the client is able to explore his or her emotions and feelings in a safe environment, in the knowledge that they won't be judged or criticised.

Rather than explaining their thoughts and feelings through words, children often find it easier to communicate through the language of play. In the safe environment of the therapy room, children can learn about relationships and find ways of dealing with conflict by re-enacting difficult life experiences in a real or imaginary world; without feeling interrogated or threatened. A child may choose to communicate through the use of puppets, figures, dolls, clay, drama, sand trays, or craft activities such as painting and drawing, as well as through the spoken word.

As a trained counsellor, I use my skills to listen attentively with total acceptance of the way things are from the child's point of view. Counselling does not involve giving advice; instead the process helps the child manage their feelings in a positive way and make constructive decisions for themselves.



## How might counselling help your child?

Children today face all kinds of challenges and sometimes they find situations difficult to cope with. Counselling support can help a child understand their feelings and make sense of the situation they face. It can also help them become empowered to overcome their difficulties by gaining an inner resolve and resilience. Evidence shows that early intervention can prevent serious emotional and distressing mental health issues later in life.

The counselling process can help a child to:

- become less anxious
- improve self-esteem
- increase their level of self-awareness
- explore their feelings and manage their emotions more effectively
- understand relationships and improve them
- have more resolve and resilience to deal with situations they cannot change
- recognise unhelpful thought patterns and develop new ones
- improve their communication skills
- recognise past and current behaviours and decide whether they want to take them forward in future
- improve academic performance
- reflect on their relationship with the world
- improve their general emotional wellbeing

**Counselling may help a child who has experienced the affects of:**

- bereavement or loss
- parental separation or divorce
- anxiety - fearfulness
- low self-esteem
- anger or aggression
- behavioural difficulties
- difficult peer or sibling relationships
- bullying
- emotional problems associated with illness
- a disability
- attachment difficulties
- school refusal
- OCD
- eating difficulties or a disorder
- sadness and depression
- exam stress
- an accident
- being a young carer
- physical, sexual or emotional abuse
- drug, solvent or alcohol abuse
- trauma

**Further information**

Further information about The Stoke Poges School's counselling service can be found in the 'Frequently Asked Questions' booklet obtainable from reception.



**A Counselling Service at  
The Stoke Poges School**

