

Summary

Sands Counselling Policy

This policy is from the Sands School Counselling Service. The lead Counsellor was tasked to further develop a standards framework for the Sands School counsellors and counselling service. The framework is underpinned in the writing of this policy by professional and organisational guidelines. It is intended to benefit students, counsellors, staff and parent/carers by providing a structured, consistent and quality assured framework. It provides practical, evidence-based and experience led information to ensure the Sands School Counselling Service achieves the best outcomes for children and young people. It respects the views of children and young people on counselling. It recognises that effective counselling is part of a whole school approach to mental health and wellbeing.

Purpose of Policy:

The Policy provides a model of practice for the existing counselling service whilst the proposal and evaluation of this policy has ensured a continuing high quality of student care. It covers key issues such as access and rights to counselling, models of delivery, line management, confidentiality, safeguarding and quality assurance.

While the main focus is on Sands School Counselling Service, this policy also explains how counselling fits within a whole school approach to mental health and wellbeing, covering issues such as wellbeing and resilience, promoting positive health, raising awareness of mental health issues through the curriculum, reducing the stigma around mental health, effectiveness of the pastoral system and the role of counsellors in a school.

Who is this Policy for?

All Sands School Staff including headteachers and governing bodies as well as those with day-to-day responsibility for mental health issues in the school, counsellors, clinical supervisors, and line managers of the school counselling service. The Policy is available to all Sands students their parents and their carers.

Please note:

This is a summary of the main policy. Important information on the counselling service such as referral procedures and how to access counselling is available on the Sands school website under the section titled "The Sands School Counselling Service" A full copy of the policy is available at the Sands School office or by email with the lead school counsellor kate@sands-school.co.uk

Complaints

In the first instance should you wish to make a complaint about a counsellor or the counselling service please contact Nathan Gribble nathan@sands-school.co.uk the Sands School Counselling Line Manager and Safeguarding Lead.

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Expiry or review date

This Policy will next be reviewed in February 2018.

It is intended that the policy guidelines are reviewed one year from now in order to assess the extent to which they have been achieved. This will also provide an indication of potential other areas to be included in a future update to ensure the policy is in line with the schools policies as well as statutory (Safeguarding) and non statutory guidance.