

Mowbray Primary School
Counselling Service
Information for Parents and Carers



What is Counselling?

Counselling is a way of supporting us to look at our problems and find a way to manage them. It can help us to come to terms with traumatic experiences and find ways to change and move forward. Counsellors are trained to listen without judging, providing a relationship based on trust and respect.

There are many issues that people face relating to bereavement, loss, family breakdown, peer relationships or anxiety etc. Without support these issues could leave to deterioration in ability to cope and mental health. In pupils this can show itself in their behaviour and ability to learn and make good progress.

Who is our counsellor?

The school's counsellor is Mrs. J Baines who has a foundation degree in counselling through Sunderland University, along with specific trauma, bereavement and EMDR training. Mrs. Baines is a member of the British Association for Counselling and Psychotherapy (BACP) and works within their guidelines and is bound by their ethical framework and professional code of conduct.

Why do we need a counsellor in our school?

There are very few of us who can work well or even function when we are stressed or unhappy. The impact of distressing or traumatic events can have a significant impact on our mental health and wellbeing. If emotional support is provided by a qualified person then we are more able to manage and understand our issues and their impact, enabling us to move forward and change.

Where and when will this take place?

We have a small designated counselling room situated off the main entrance . It is a private, quiet space intended to be calm and relaxing. For younger pupils we use the Tree House which is located in a quiet area in school. This provides a safe space for them to talk either individually or as a group.

How do we ensure confidentiality?

All notes and records are kept on our secure CPOMS system and access to these are restricted to the counsellor .

What if my child makes a disclosure?

If a disclosure is made that would appear to place the pupil at risk of harm or potential harm to others then the school's child protection policy would be implemented.

http://www.mowbrayprimary.northumberland.sch.uk/website/safeguarding_and_behaviour_policies/437268

How do I access counselling for either myself or my child?

Referrals can be made in a number of ways by contacting Mrs. Jane Baines 07595613842 or by email jane.baines@mowbrayprimary.northumberland.sch.uk. Alternatively a referral form can be downloaded from the school website and posted/handed to any member of staff marked FAO Counselling support.