

Counselling at St Matthew's

I am the school counsellor, Eddie Schumann, and I am **BACP ACCREDITED**.

BACP accreditation is a quality standard for the experienced practitioner who can demonstrate high standards of competent and ethical practice.

In order for me to work in the best interest of my clients I adhere to the principles of the professional body BCAP - British Association for Counselling and Psychotherapy. I engage with regular clinical supervision to check my levels of effectiveness and good practice. I continually update my training and I am covered by all the relevant insurances in accordance with the BACP

Person Centred Counselling Person centred counselling focuses on the personal relationship between a counsellor and his/her client. The development of trust and understanding within this counsellor/client relationship encourages self-realisation, and enables the client to acknowledge the problems and issues they are disclosing, and to think up solutions, with gentle encouragement and guidance from the counsellor.

Express Yourself : Working with clients in a person centred way allows the client to explore their thoughts, feelings and emotions in a confidential environment. It gives him/her the opportunity to express concerns and problems and to achieve clarity of thought.

Therapy Goals

The main goal of any form of counselling therapy is to release the client from any emotional distress, mental confusion and/or limiting beliefs. Person centred counselling arms the client with the opportunity to become more self-aware, and more in control of creating the sort of positive changes they want to see in their life.

A counsellor's positive attitude is important in facilitating a progressive counselling relationship, and it is their job to encourage, challenge and support the client at all times. Demonstrating empathy, congruence and unconditional positive regard, throughout the one-to-one counselling relationship with a client, will provide the client with understanding, clarity and support, in order to make steady progress to self-realisation.

Person Centred Art Therapy Skills In the person-centred art therapy skills approach to art therapy, the counsellor trusts that you, the client, will find out for yourself what your image is telling you, when you are ready. So, they will not interpret or impose their own ideas about your work, but rather they will facilitate your exploration of your image. This is a gentle and safe process. And unlike words, which can be forgotten, an image will keep, and can yield up its message later, when you are ready to receive it. Art therapy skills provides an opportunity to express metaphor through art expression. In fact, one of the strengths of art therapy skills is the ability to help children and adults to express, clarify and learn about their emotions also to encourage and enhance storytelling and narratives. Storytelling about

a drawing, painting, collage or construction does not have to be literal to be therapeutic. In fact, a child who has experienced traumatic events or is challenged by an emotional disorder may only find it possible to generate imaginative stories. With the support and guidance of the therapist, these narratives serve as a way to slowly and safely release disturbing experiences.

Play Therapy skills is a mode of therapy that helps children to explore their feelings, to express themselves and to make sense of their life experiences. Play Therapy skills help children in a variety of ways. Children receive emotional support and can learn to understand more about their own feelings and thoughts. Sometimes they may re-enact or play out traumatic or difficult life experiences in order to make sense of their past and cope better with their future.

Both Art Therapy skills and Play therapy skills enable children and adults to Contain or free emotional energy / Find new ways to think about feelings/ Rehearse new ways of dealing with feelings.

Mindfulness: mindfulness means knowing directly what is going on inside and outside ourselves, moment by moment. A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Mindfulness is taking control of your mind rather than allowing your mind to be in control of you

MISP- mindfulness in school project

Brings mindfulness to the class room helping school children to focus better listen and pay attention more closely. This way of working helps children to be present in the classroom so they may access the curriculum in more depth. mindfulness may provide young people with a valuable life skill by supporting them in number of areas: to feel calmer and more fulfilled; to get on better with others; to concentrate and learn; to manage stress and anxiety; to perform well in music and sport. Being in the present moment can help us all cope better with our lives and feel happier. This is because mindfulness is about respecting, and not judging, ourselves - it is about just accepting ourselves for who we are. It is very simple, but can be a very powerful way of keeping us in touch with what is really important about our lives. It is about helping us not to get bogged down by past mistakes. If now is ok, we are ok.

Areas of counselling the counsellor deals with

Abuse, ADHD, Anger Management, Anxiety, Behavioural Problems, Bereavement, bullying, Child related issues, Cultural issues, Depression, Domestic Violence, Emotional Abuse, Family Issues, Foster Care, Health related issues, Identity problems, Loss, Low Self- Esteem mental health issues, Obsessions, Parental Breakup, Personal Development, Physical abuse, Post-traumatic stress, Relationships, Self-Harm, Sexuality, Stress , Step Family Relationships, Suicidal Thoughts, Trauma, Work related issues.