

## Information for Parents and Carers on School Counselling at The Junior & Senior School



### **What is Counselling?**

Counselling provides an opportunity for children to talk, in confidence about any issues that are worrying them or affecting their day to day life. These issues may range from friendships, bullying, anger management, self-esteem, change, bereavement, stress etc.

### **What does a Counsellor do?**

Counsellors are trained to listen without judging and to help students sort out their thoughts and feelings. At The Junior & Senior School a Counsellor is available several times a week to see students. Students can make appointments themselves (referral slips are available in the classrooms) or after discussion with their teacher or another member of staff. Parents can also request to see the School Counsellor for issues relating to the wellbeing of their child, as can members of staff. The School Counsellor can be contacted through this email address:

[vasilikiloizou@theseniorschool.com](mailto:vasilikiloizou@theseniorschool.com)

## Why have a Counsellor in school?

When students are experiencing difficulties either at home or at school, both their academic attainment and social skills may be affected. A school based service provides counselling in an environment that is secure, safe and familiar. By providing emotional support and allowing students to discuss and 'off load' issues, academic attainment can improve, social issues can be resolved and students can feel better about themselves and become more self-confident.

## The Junior & Senior School Student Counsellor

Vasiliki Loizou is a graduate of the Philosophy, Pedagogics and Psychology Department of the University of Ioannina. She continued her academic studies acquiring an MSc in Counselling Studies from the University of Edinburgh, in the context of which she was awarded the Postgraduate Certificate as a professionally recognized skills qualification from COSCA (Counselling in Scotland). Following that she attended a four year long training in Systemic Psychotherapy and is a connected member at the European Family Therapy Association. Vasiliki is a registered School Counsellor and a certified Psychotherapist. She has experience of working with individuals, families, couples, children and teens.

## Are parents informed if their child is receiving counselling?

School counselling is considered a regular educational service provided by the school. As required by the law and/or ethical standards the school counsellor will inform the Safeguarding Lead Officer at The Junior or Senior School, who will then inform the parents and/or relevant authority in the following cases:

- If the student plans to harm themselves or others (the student's health and safety is believed to be at risk)
- If the student is believed to be at risk
- If there is known or suspected abuse or neglect
- Court or other legal proceedings

However, if a student is 18 years or over, the above does not apply. In all other cases, parents will not necessarily be informed if their child is receiving counselling but parents have the right to ask and to forbid the school counsellor seeing their child if they so wish.

January 2017