



## ST ALOYSIUS' COLLEGE

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### Counselling – Senior and Junior School St Aloysius' College

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Counselling is placed within the pastoral care system but should also be regarded as a positive step towards promoting good mental health and emotional well-being. This clearly includes the availability of counselling in times of crisis or difficulty, but should also reflect the benefits of early intervention and preventative work.

A system is in place, which means that any pupil requesting counselling, or identified as needing counselling would be documented via a **referral form (forms are kept in the Depute's office)**.

For Senior School, the form is given to the Depute.

For Junior School, the form is given to Head of Section, and passed to the Depute of Senior School.

School counsellors are carefully selected for their experience and counselling qualifications.

Our counsellors have a flexible approach and can provide either short-term or long-term counselling depending on the needs of the individual needs of the child.

What is discussed during the sessions is confidential, but the child is told that the counsellor may discuss their problems with other people and agencies and get help from them if he or she thinks the child is at risk or in danger.

The counsellor is independent from the school staff but understands the College ethos and works with teachers and other staff to help the child.

Information Owner: Isabelle Erskine/Francisca Davidson

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This policy will be annually reviewed by: Isabelle Erskine/Francisca Davidson