

What Does the Children & Young People's Service Offer?

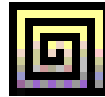
A weekly 50min session where your child can talk on a 1-1 about whatever he/she wants in confidence with a fully qualified counsellor.

The opportunity to use art/play materials to remove any pressure to talk and offer another means of expression

Person Centred Counselling – an approach that does not give advice but helps individuals to find their own solutions

What Should You Know?

The counsellor will not share what has been discussed in your child's therapy session with anyone from another agency– teachers/social worker etc except in extreme circumstances (see confidentiality section).



**Face to Face Counselling
St. Clements Church
St. Clements Road
Manchester**

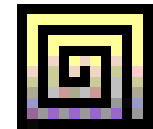
M21 9AE

Phone 0161 881 1535

www.facetoffacecounselling.org.uk

**What can you
Expect as a
Parent/Carer
when a**

**Young Person has
Counselling?**



Things to Expect

Counsellors can only share information with parents with the child's permission as trust is the basis of the therapeutic relationship (see confidentiality section). It is very important that your child feels free to express him/herself without worrying about how anyone else is going to react.

Your child may seem withdrawn or have mood swings as locked up emotions begin to be released - be prepared! This is unlikely to mean that he/she is getting worse but is often part of the process.

How can you help?

Let your child decide what HE/SHE wants to tell you about the session. Don't pressurize him/her.

Let your child know that you care and that you are there should he/she wish to talk.

Give your child space to be quiet/sad/moody/angry. It can be useful to acknowledge the emotion expressed i.e. "I can see you are upset...is there any way I can help?"

Think of the people who may be able to offer support to your child between sessions or have the phone number of children's Telephone Counselling Services to hand. Often the parent is not the best person for the child to lean on as he/she is too emotionally involved.

Confidentiality

Sessions can be arranged to discuss your child with a counsellor with the counsellor disclosing only what your child wishes.

In the following circumstances we would make every attempt to encourage your child to disclose information to you:

- If your daughter were pregnant or your son had fathered a child
- If a decision involving abortion was being made.

Also if your child was:

- using drugs
- contemplating leaving home
- expressing suicidal intent
- being harmed or in danger of harming others
- breaking the law

In the following circumstances we would consider contacting other agencies

If your child was;

- being harmed by someone in your immediate family
- trafficking drugs or involved in terrorism

Remember

AS PART OF OUR DUTY OF CARE
WE ASK YOU TO PLEASE INFORM
US AND EXPLAIN IF YOUR CHILD
HAS ANY INJURIES

*Child protection and other policies
available on request

Problems often affect the whole family. Face to Face offers 1-1 counselling to adults on a 1-1 and/or in a group. If you need support through your child's difficulties, please ring 881 1535 (24hr answer phone) to arrange an appointment. This would need to be with a different counsellor to the one your child has.