

What is Therapy?



A booklet to help answer questions about the School
Counsellor



The Lowry Academy

The best in everyone™

Part of United Learning



What is therapy?

Therapy / school counselling is a safe place to explore difficult things that have happened or are happening to you.

It is an opportunity to play, move, create or talk someone separate from family, teachers or friends without judgement



Why would I come to therapy?

Sometimes difficult things happen which leave us with lots of thoughts in our minds and feelings in our bodies



Coming to therapy may help you find new ways of understanding these thoughts and feelings.

Understanding things better can bring more helpful ways of coping, communicating and connecting.

Who Would I see?

My name is Clare and I'm the School Counsellor.



You can call me Clare.

Because therapy is confidential, I won't say "hello" to you in school unless you greet me first. This is because your sessions are private, I don't talk to anyone about your therapy unless I think you or someone else is unsafe.

You can tell anyone you want about your therapy sessions.

bacp | professional standards authority
collective mark | accredited register
Registered Member **395806**
MBACP

What will I happen in the sessions?

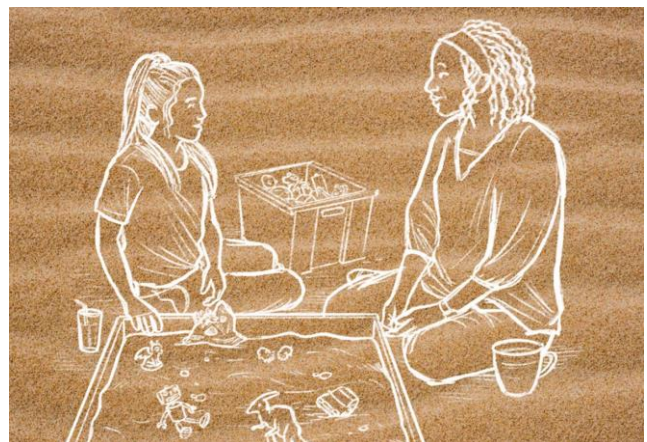
When you come to see me, we can talk, move, play, paint make or draw about your thoughts and feelings. There is no right and no wrong way of doing things. Here are some pictures of the therapy room.



What are the rules of coming to therapy?

- **What happens in the room stays in the room.**
You can't take anything out of the room, I will keep it safe for you until we have finished our work together. This rule also means that I don't tell anyone about your sessions unless I have worries about you or someone else being unsafe. If I need to talk to someone, I will let you know first.
- **Nothing can be brought into the session.**
There will be a safe place for your bag and blazer inside the room. You have everything you need in the room.
- **We have to keep each other, the room and the equipment safe.**
If this feels too hard, we may need to end the session early.
- **We have 50 minutes** and will start and end at the same time every week
- **The sand** must stay in the sand tray.

If there are any other rules, I will let you know about them as they come up.



Where Can I Get Support outside of school?

- **Respect for All**

Respect for All offer counselling and play therapy to people who have learning disabilities, Asperger's, autism spectrum conditions, supporting parents, families and carers.

Tel: 0161 532 4070

helpline number: 0161 532 4075

www.respectforall.org.uk/counselling/

(the helpline is staffed for 2 hours (times variable) a day, 6 days a week and there is a 24 hour voice mail on also.

- **42nd Street**

42nd Street is a Greater Manchester charity that supports young people aged 11-25 with their emotional wellbeing and mental health.

Tel; 0161 228 7321

theteam@42ndstreet.org.uk

www.42ndstreet.org.uk

- **Gaddum**

Supporting families with bereavement and loss. At Gaddum, I really get to know those I help, understanding their world to offer a range of support that's right for them. Specialising in Advocacy, Carers and Therapy services, my tailored support is made possible by my breadth and depth of knowledge. For nearly 200 years, I've been committed to supporting the people of Greater Manchester.

Tel; 0161 834 6069

info@gaddum.org.uk

www.gaddum.org.uk

- **MIND in Salford**

Tel: 0161 212 4880

Email: info@mindsalford.org.uk

www.mindinsalford.org.uk

- **Salford Children's Rights Service**

Email: via the website contact form

Tel: 0161 707 0222

www.barnardos.org.uk

- **YoungMinds**

A good source of information and advice can also be found on the [YoungMinds](http://www.youngminds.org.uk) website, the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people, you can also find more on our Emotional Health and Wellbeing useful information page.

www.youngminds.org.uk/parents

Call their Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25. You can call them for free on 0808 802 5544 from 9:30am - 4pm, Monday - Friday.

- **Shout**

Text 8525 to receive immediate support or go online to access information and resources to support mental health or visit their website

www.giveusashout.org

- **Kooth**

An online community offering immediate, anonymous online support for children and young people

www.kooth.com

- **Headspace**

www.headspace.com (A Mindfulness app for relaxation)

- **Barnardo's**

www.barnardos.org.uk/what-we-do/helping-families/mental-health

- **Childline**

www.childline.org.uk 0800 11 11 (Childline)