



Building Caring Communities

Together

Early Intervention School Counselling Partnership



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Together in Communication Community Interest Company

is a not for profit social enterprise company using a range of counselling, therapeutic, and educational strategies to help build better relationships and develop stronger, and more caring communities.

“I am impressed and delighted with what Together in Communication CiC have achieved in such a short space of time. Our children, our school and our families have benefitted in so many ways from their approach to communication and relationships within and without the school”

Jane Heyes. Head Teacher. Brompton-Westbrook Primary School.

Together Early Intervention School Counselling Partnership

has been created to build on the success of the Education Action Zone (EAZ), and Excellence Cluster Services working in Medway since 2000. It provides continuity to schools that have already benefitted, and offers a valuable start-up service to schools who wish to introduce counselling.

We offer a safe place for pupils, parents, care givers, families and staff to explore issues that are causing them concern, either together or as individuals.

Benefits for school include:

- Independent and professional support for children, parents, carers and staff.
- Outcome monitoring and evaluation in line with 'Every Child Matters'.
- Cost effective interventions.
- Fully qualified, experienced counsellors.
- No waiting lists, and rapid response service.

Our partnership also provides:

- Comprehensive training for all staff on issues affecting the children in their care.
- Mediation, coaching, anger and stress management.

The Nature of Counselling

The overall aim of Counselling is to provide an opportunity for the young person to work towards living in a way that he or she perceives as more satisfying or resourceful.

The specific objectives of a counselling relationship will vary according to the young person's needs. Counselling may be concerned with development issues, addressing and resolving specific problems, making decisions, coping with crisis, developing personal insight and knowledge, working through feelings of inner conflict, or improving relationships with others.

The counsellor's role is to 'facilitate the young person's work in ways which respect the young person's values, personal resources and capacity for choice within his or her cultural context. Counselling involves a deliberately undertaken contract with clearly agreed boundaries and commitment to privacy and confidentiality. It requires explicit and informed consent'.

Taken from the BACP (British Association for Counselling and Psychotherapy) Code of Ethics and Practice.

Counselling at school



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The School Counselling Partnership has been established to meet a need for easy access to counselling support for students and staff. It is a developing service with Counsellors currently working in local Primary and Secondary schools. All the Counsellors working in the service are qualified and 'CRB Checked'. They pay for their own supervision. Schools pay for the time the Counsellor is working in them.

The Service and its Practitioners work to the BACP (British Association for Counselling and Psychotherapy) Code of Ethics and Practice.

The issues a School Counsellor can help with

Often there are very significant pressures on children at school. These can come from many different sources: academic performance, conflicts between the behaviour expected by the school and by peer groups, their relationships at home, and with their friends and teachers. As a young person gets older he or she has the challenge of coping with the strong feelings and the physical changes occur. They also have to start making decisions about themselves and their future. Regrettably, at any age a young person may also have to deal with the loss of someone significant to them, or cope with a range of painful issues if a family breaks down or reforms.

The key issue is how well they manage to cope with these pressures. Often a young person will come to counselling because of changes in the way they behave or feel, that they do not fully understand, or because people around them are becoming angry or exasperated with them.

What we offer

Qualified Counsellors from Together School Counselling Partnership visit your child's school regularly. The Counsellors are experienced in working with children in the school setting. The Counsellors provide short term counselling, and they can normally see a young people quickly with the minimum of delay and formality.

Our work as Counsellors for Together CiC is confidential. One exception to this is where the counsellor considers there is a serious risk to the physical safety, life or health of the client or others. In these exceptional circumstances the counsellor may wish to contact appropriate practitioners (e.g. Social Services Departments, NSPCC, Police). Counsellors will make every effort to discuss what they intend to do and explain their reasoning.

Counselling for parents



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Together School Counselling Partnership also offers confidential and independent counselling to parents of children in school. We realise that people often wait a long time for counselling so we aim to be an early intervention service. We ask to meet for an initial assessment session before agreeing a course of further sessions. The cost per session is £40 and needs to be paid in advance. If you are uncomfortable meeting in school we have other venues throughout Kent.

We do have a sliding scale of fees for people on benefits, and this needs to be discussed before the first assessment session

Together in Communication CiC are:

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