



*Our Counsellors are all qualified, experienced and professionally accredited, and as an organisation we have an excellent track record. We provide 1200 hours of 1:1 counselling in schools each month.*

### Why is Counselling important in schools?

Valley trust has been successfully providing a counselling service in Surrey since 1985, and in 1994 that service was extended to schools. Today our work is exclusively in schools in Surrey, Hampshire, Middlesex and Berkshire both in the public and private sector. **We currently provide a counselling service in 50 settings across these counties, both Primary and Secondary.**

Counselling in schools is a **cost effective** way of **making counselling available and accessible to pupils** who may be experiencing emotional distress and/or behavioural problems. Bereavement, loss, family and peer relationship difficulties, anxiety, bullying and other issues can lead to deterioration in a pupil's behaviour or ability to function effectively in school.

**When emotional distress is ignored, tension can build up resulting in young people "opting out" or becoming disruptive as a result of their feelings. Counselling can be an effective source of support for these pupils.**



Registered Charity No 293983



### What We Do

Our professionally qualified and highly experienced Counsellors offer individual counselling sessions to pupils. We liaise with teachers and other staff in setting up the service and maintain links with them whilst maintaining the young person's confidentiality.

Our service provides:

- Brief Solution Focussed Counselling of 6-8 sessions
- Confidentiality within Fraser Competence Guidelines for Secondary pupils
- Suitable record keeping
- Assessment and Evaluation of the young person's problem and work done
- Referral on to appropriate services with the young person's agreement
- Advocacy with staff, parents or other relevant people when appropriate and with the young person's consent

**Feedback from the schools that engage with Valley Trust is very positive and the service is seen as an extremely valuable addition to the pastoral care provision and the wellbeing of students.**

*Using schools as the setting for our service is an effective way of making counselling available and accessible to pupils who may be experiencing emotional distress and/or behavioural problems – it is also a cost-effective delivery path.*

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