



*Our Counsellors are all qualified & experienced and are specifically qualified to work with children and young people. As an organisation we have an excellent track record. We provide over 12000 hours of 1:1 counselling each academic year.*

### Why is Counselling important in schools?

Valley trust has been successfully providing a counselling service in Surrey since 1985. Today our work is 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 for children and young people aged between 4-18.**

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 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.*



## Why is Counselling of use to young people?

### Research has shown that counselling can;

- Provide the opportunity to share problems and concerns in a non-judgmental setting
- Provide the opportunity for confidentiality and safety which may allow the young person to express long suppressed information which may have been causing distress
- Help young people to build positive relationships and develop self esteem and gain insight which may lead to developing more effective relationships



### Issues which may arise;

- Difficulties with family or peer relationships
- Bullying
- Anxiety or stress related issues
- School refusal difficulties
- Low self esteem
- Bereavement or loss issues
- Self Harm
- Misuse of drugs or alcohol
- Sexual, physical or emotional abuse issues



## Case Study

Helen was referred to the Valley Trust Counselling Service in her school following an increasing occurrence of her having panic attacks in school. Helen was struggling to cope in class and in peer relationships and was facing increasing pressure at home and school resulting in her feeling faint and sick in class or missing school altogether. In counselling Helen revealed she was struggling to sleep and it became apparent during the first two sessions that the root cause of her anxiety lay at home not school.



Helen's father left home when she was young and her mother now had a serious illness and Helen was fearful of losing her one remaining parent. This created worry and anxiety at school as Helen felt she should be at home caring. The counsellor and Helen were able to plan some better coping strategies for her which soon helped her relax at school, make some new friends and feel happier in school. By the end of 8 sessions Helen was able to better express her feelings and fears about the future and this allowed her to ask for support and feel more in control. Once aware of some of the stress Helen had been under, with her permission the counsellor was able to negotiate for extensions to homework deadlines and a more supportive response to Helen overall by the school.





## Management



The council of management comprises a number of trustees and other officers from varied professions offering experience which is relevant to the work of the Trust.

We provide regular support, supervision and workshops to our counsellors and ensure full compliance with all necessary codes of practice so giving a high degree of trust, confidence and peace of mind to all interested parties.

**E-mail: [info@valleytrust.org](mailto:info@valleytrust.org)**  
**Web site: [www.valleytrust.org](http://www.valleytrust.org)**