



6th Form College Student Counselling Service

The 6th Form Counselling service is available to any student who would like to talk to a counsellor about anything that is worrying them. The kinds of things students might come to see us about include:

**Anxiety about college/exams
Relationships/sexuality
Family problems
Bereavement
Loneliness**

**Low self- esteem
Stress/panic attacks
Self-injury
Alcohol or drug misuse
Problems with food**

And lots of other things as well! In fact, if anything is getting you down it might help to talk things over with a counsellor who is trained to listen and won't judge you.

Come and see us during one of our 'drop-in' times to find out more about counselling - no need to make an appointment first!

**'Drop-in' is every day Monday - Friday at
9am-9.30am & 12.30 -1pm**

You will find us up in Student Services, just off from Reception.

You can also email us - counsellors@farnborough.ac.uk
Or call us - 01252 551216 (direct line)

About Counselling

You may already have some idea of what counselling is, or somebody might have suggested it could be useful for you and you don't really know what to expect.

If someone has suggested counselling you might be feeling uncomfortable about coming to talk to someone you don't know about stuff that feels very personal and private. It is very natural to feel this way, and your counsellor will understand this and will not expect you to talk about anything that you don't want to.

Counselling is not about giving advice. It is about supporting you and helping you to work through whatever is worrying or upsetting you.

Sometimes it can be difficult to talk to family or friends about how we are feeling either because we don't want to worry them, or we think they might think badly of us, or because they are actually part of the problem.

Your counsellor will not judge you or criticise you. He or she will take time to listen to how things are for you and how you feel about your problems.

Everyone is an individual. You might respond to something in a very different way to your friend or someone in your family. Your counsellor will want to understand what it is like for **you**.

Counselling works best when you feel you can trust your counsellor and start to feel more comfortable talking about things. This can take a few sessions so it is important to keep attending regularly so that you give yourself the best chance of counselling being helpful.

Although counselling is mainly about talking through things, sometimes you and your counsellor might find it useful to work with creative therapy materials, and we have a range of these available.

Where to find us

The counselling rooms are part of the Health and Wellbeing Suite just by Student Services Reception in the main building.

Counselling

We offer one-to-one counselling for students up to 12 sessions; each session is for 50 minutes and will take place when you have a free period. You will always see the same counsellor and the time will be reserved for you each week.

Having regular sessions can be useful if you want to work through something that is worrying/upsetting you in some detail or if you feel you would benefit from having ongoing support for a while.

Other Support

During your first sessions you may find that counselling isn't the kind of support you think would be most useful. You can use these sessions to discuss other options with your counsellor and your counsellor will help to identify other forms of support for you.

Workshops

The Counselling Service runs small workshops throughout the college year. Students find these helpful as they meet others in similar situations or with similar difficulties and can then support each other. All the groups are run by one of the counsellors and take place on Thursday lunchtimes. Topics covered include: anxiety; self-esteem; procrastination.

Cancellations and missed appointments

Counselling is voluntary and you do not have to attend if you would prefer not to.

When you start your counselling sessions you will be given your counsellor's contact details and your appointment times.

When we know in advance that you are unable to attend we can also offer the appointment to another student who is waiting. This helps us to keep the waiting time for students to see a counsellor as low as possible. The more notice you can give us the more chance we have of rebooking the appointment time for someone else.

When students don't let us know if they are unable to make their appointment then it means that the appointment time is wasted. At busy times of the year, particularly around exams, this can cause frustrating delays for students who are waiting.

If you keep missing appointments then your counsellor may suggest that you discontinue with counselling for the moment and contact us again when it feels a better time.

Is Counselling Confidential?

- Counselling is confidential. Nothing you talk about will be passed on to your tutors or family or anyone else without your permission, **unless** you or someone else is in danger. Your counsellor will take time during your first session to discuss this with you in more detail.
- All counsellors at the 6th Form are working within the Ethical Framework laid down by the British Association for Counselling and Psychotherapy (BACP), with particular stress on confidentiality. You can find out more on www.bacp.co.uk
- All counsellors have professional supervision. This is where they talk to another specially trained counsellor about their work. Having regular supervision ensures your counsellor is working safely. The supervisor also adheres to confidentiality guidelines.

Concerns about the Service

We hope that you find working with your counsellor a rewarding experience. If you have any concerns however, or want to make a complaint, then please either contact Claire the Lead Counsellor or Tracey, the College nurse, or your personal tutor and the matter will be referred to Catherine Cole, Deputy Principal, Head of Student Services.

What do students say about the counselling service?

"It was helpful...it has given me confidence and helped me to learn about myself...I would definitely recommend it."

"It helped me quicker than I thought it would and I always felt happy coming to sessions."

"It has made me feel more confident and has allowed me to deal with anxiety independently if it ever comes back"

"It was more relaxed and informal than I thought it would be which was good as it put me at my ease."

"I thought it wouldn't help me and would be a waste of my time. I soon discovered it was very helpful. It has cleared me of my depression and helped me to express the real me."

"It taught me ways to calm down and realise that I am in control of how I'm feeling."

"It was really good. I feel a lot happier. It is nice to be able to talk without being judged."

"My counsellor was excellent. She helped me to makes sense of things. I came out feeling really good!"

"It gave me time to talk things over that I didn't feel able to do with my parents."

"I have talked about things that I didn't really want to talk to anyone else about. I feel less stressed and lighter."

"It was a lot easier to talk to someone than I expected and it took a lot less time than expected".

"Far better than I expected – didn't expect it to help. It has helped me beyond belief."

Who are the College Counsellors?

Claire Basil (Lead Counsellor and Counselling Co-ordinator) is a qualified counsellor and supervisor with experience working within the NHS and Voluntary sector as a counsellor. Claire is an accredited member of the BACP and has worked at the sixth form since 2007.

Richard Carroll is a qualified counsellor and supervisor, he has considerable experience as a drugs outreach worker for SADAS (Surrey Alcohol and Drug Advisory Service) working with young people across Surrey. Richard is an accredited member of the BACP.

Hayley Martin is a qualified counsellor who has worked at the 6th form since 2009 and is a full member of BACP.

Nicola Parkinson is a qualified counsellor who has worked at the 6th form for the past 4 years and is a full member of BACP.

Joanne Welland, Johanna Bishop, Heather Adams, Leila Barzey and Emily Thorne are all qualified counsellors working towards their BACP accreditation. **Joanne will be running workshops throughout the year.**

We are also fortunate to have the following student counsellors working with us during their supervised placement. They are in the final stages of their counselling training and are student members of the BACP:

Lisa Glasgow and **Ellie Inskipp**.

External Support Services

National

Childline Tel: 0800 1111 – www.childline.org.uk for children and young adults. 24 hours a day 7 days a week confidential helpline.

Samaritans Tel 08457 90 90 90 www.samaritans.co.uk - confidential helpline.

Local

Arc – Wokingham 01189 776 710 www.arcweb.org.uk - free confidential counselling and online counselling.

Alcohol

www.alcoholics-anonymous.org.uk – if you are worried about your own drinking.

www.al-anonuk.org.uk – for relatives of someone with an alcohol problem (with a link to Alateen) - local meetings available in Farnborough, Farnham, Woking.

www.nacoa.org.uk - National Association for Children of Alcoholics (NACOA) 0800 358 3456

Bereavement

www.rd4u.org.uk - The Cruse Bereavement Centre 0808 808 1677

Counselling Directory

www.counsellingdirectory.co.uk - is a website that lists all the different counsellors working in the area where you live who you can pay to see.

Drugs

www.talktofrank.com - Talk to Frank 0800 776600

Eating disorders

www.b-eat.co.uk - Eating Disorders Association

www.boyanorexia.com - Boy Anorexia

Mental wellbeing

www.youngminds.org.uk

Lots more helplines can be found via www.childline.org.uk.