



LG Counselling Services

Lee Gledhill - Registered Counsellor, bound by the Code of Ethics and Professional Practice of COSRT and BACP.

Counselling Service for children and young people

Information for parents and carers:

A counsellor will be in school on a Wednesday and is available to see boarders, day pupils and members of staff. De Aston works with Lee Gledhill, who is Relate trained and holds suitable counselling qualifications. Lee has worked with De Aston for many years and is hugely experienced in counselling children and young people. We do not use volunteer or trainee counsellors in school so any counsellor your child sees will be a fully trained professional.

We know that children are affected by family change, including parental/carer conflict, loss, separation or divorce and that it helps to have someone "outside" to talk to. Counselling offers children the opportunity to explore their feelings and help them to find healthy coping strategies to deal with any disruptions in their family life.

Children and young people will experience the counsellor as validating their feelings and will be better equipped to manage their own life during and following the time that change is experienced within the family.

Discussion with a counsellor can help the young person to gain an understanding of their experiences and circumstances and explore ways of helping them cope with their situation.

The counselling will be completely confidential and the only time there may be a disclosure is if the counsellor is worried about the safety of the young person or someone they have mentioned. Each young person will be seen on their own though there may be times when a parent/guardian is invited to attend.

Referrals are made to Andrew Quinlan – Assistant Head and Head of Boarding – by Head of Year, Head of Additional Needs, and or Deputy Head Pastoral, when they feel that counselling is appropriate and may benefit the young person. Parents, Carers, GP, other professionals, or the young person themselves who feel that counselling is a possibility should approach one of the pastoral staff listed above. Generally, formal consent from parents or carers is required before counselling can commence.

