

Churton Park School Counselling Contract for Students and Parents/Caregivers

About Counselling

Counselling provides a confidential space for people to talk about their life, relationships, thoughts, actions, and feelings, with someone who is interested in understanding and helping them. Counsellors don't give their clients "the answer" or direct advice, but the counselling relationship enables clients to find their own way through their present difficulties.

Counselling is being offered at Churton Park School by **Bree MacFarlane** and **Dexter Smith**. Both are second year students working towards a Bachelor of Counselling and Addiction Practice at WelTec Whitireia. Bree and Dexter abide by the DAPAANZ Code of Ethics, and the Churton Park School Student Counsellor Policy.

Counselling Arrangements

Sessions will take place at Churton Park School during school hours. Dexter will be available on Mondays, and Bree on Fridays. Timing of sessions will be agreed to by the class teacher or Senior Leadership Team and the counsellor. Participation is voluntary and can be withdrawn at any time.

Confidentiality

Counselling is most effective if a child is permitted to keep their counselling relationship private. The counsellors acknowledge your trust in working with your child and you are entitled to know what the work involves and updates on progression. However, please note the following:

- Please allow your child to decide whether and how much they wish to talk with you about their sessions.
- Regular updates can be provided to parents/caregivers about the student's progress, unless the student objects. Parents are encouraged to contact the counsellor with any questions or concerns.
- We check in with clients on a regular basis to see if they are finding the sessions helpful. If they are not, we will reconvene or close sessions.
- As counsellors our first responsibility is to the client. What is said during our sessions remains confidential. However, if there appears to be risk of harm to your child or others, ethical or legal disclosure will be necessary.
- Your child will be spoken to about confidentiality and we only begin work once it is understood. Should we need to take any information to others, all involved will be told, and legal procedure will be followed.

- A core part of counselling practice is the utilisation of Clinical Supervisors. Both counsellors have their own supervisor external from both learning organisations with whom they can share their experiences. This is for professional development and ensures a safe working environment for the counsellor and the safety of the clients. Clinical supervision work is strictly confidential and abides by multiple legal and ethical codes.

Privacy

In undertaking counselling, your child may discuss certain personal data. In doing so it is important that you are aware of the following:

- Session notes are kept in a locked storage area within a security monitored room. The only people who have access to the storage area are the two counsellors.
- This contract and other documentation that includes personal data are kept secure and in a separate location from which notes are stored.

This agreement is fully understood and agreed upon. It is signed as it stands by:

Counsellor: _____ Signature: _____ Date: _____

Client Code: _____

Student (Print Name) _____

Teacher (Print Name) _____ Class _____

Parent/Caregiver: (Print Name) _____ Signature: _____

Parent/Caregiver Email: _____ Date: _____

Counsellor Contacts

Bree MacFarlane

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Dexter Smith

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Should you have any queries please get in touch! - Bree and Dexter