

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 Tara Douglas, a second year student of a Bachelor of Counselling and Addiction Practice at WelTec Whitireia. Tara abides by the New Zealand Association of Counsellors Code of Ethics, and the Churton Park School Student Counsellor Policy.

Counselling Arrangements

Sessions will take place at Churton Park School on Fridays during school hours, at a time 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 Participation is voluntary and can be withdrawn at any time.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. I understand that you are trusting me to work with your child, and are entitled to know what work is involved and be updated on how the work is going. With this in mind, 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 will 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.
- I check in with my clients on a regular basis to see if they are finding the work we are doing together helpful. If they are not finding it helpful, we will bring our work to a close.
- As a counsellor my first responsibility is to my client. What is said during our sessions remains confidential. However, there are some limits to confidentiality: As part of my commitment to working ethically I take my work to supervision sessions. Supervision is subject to the same confidentiality agreement. If there appears to be risk of harm to your child or others, selective ethical or legal disclosure may be judged necessary. This would usually occur after prior consultation with your child and my supervisor.

Privacy

In undertaking counselling, your child will be providing me with certain personal data. In doing so it is important that you are aware of the following:

- Session notes are anonymous, free of identifying information, stored securely within Churton Park School.
- 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: Tara Douglas

Signature: _____ Date: _____

Client Code: _____

Student (Print Name) _____

Teacher (Print Name) _____ Class _____

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

Parent/ Caregiver Email: _____

Date: _____

Counsellor Contact

Tara Douglas

tarad@churtonpark.school.nz