

Godolphin School Counselling Service

What is counselling?

Counselling provides a regular time and space for people to talk about their troubles and explore difficult feelings in an environment that is dependable, free from intrusion and confidential. A counsellor should respect your viewpoint while helping you to deal with specific problems, cope with crises, improve relationships, or develop better ways of living.

A counsellor recognises that we are all individuals who have a different set of experiences and situations to encounter throughout our lives. Our reactions to these experiences are also unique. Despite the name, counsellors don't usually offer advice. Instead, they help you to gain insight into your feelings and behaviour and help you to make changes if you want to.

Having someone who is independent from what is happening in your life can give you the space to express exactly how you feel, without the fear of being judged.

How can counselling help?

You may come to counselling because of difficult experiences you've been going through, such as family relationships, stress leading up to exams, illness or a bereavement. Or you may want help dealing with feelings of sadness, loss of confidence, anxiety or low self-worth that don't seem to be connected to any particular event. Counselling can help you make sense of your feelings and behaviour.

Adolescence is a stage that involves the transition from childhood to adulthood, in which considerable physical and mental changes take place. It usually occurs between the ages of 10 and 19 years. As a result of the physical changes of puberty, teenagers can feel over-sensitive and lack self-confidence as they come to terms with the changes they are going through. Mood swings and shyness are some of the most common features associated with adolescence. It is a period of vulnerability which requires support and understanding.

Teenagers often find their independence by making friends and widening their social circle. As they begin to carve out an identity, they become more susceptible to friends' influences. In general this is a healthy process that enables the teenager to find a niche outside of the family environment. But occasionally peer pressure may lead to situations that need parental or professional guidance.

How often would I need to come?

Sessions can take place as often as once a week. The frequency and how many sessions you might need would be discussed at your first session and agreed between you and your counsellor. You remain in control at all times, and only book further appointments if *you* want to. However sometimes making this regular commitment gives you a better chance of finding out why you are having difficulties and resolve them.

What do I need to do to book a counselling session?

All referrals come through Gill Davey, the school RGN. Gill will be able to guide you as to whether counselling could help you, and as to what happens next. If appropriate, you would be offered an assessment appointment first to make an informed decision as to how we may be able to help.

Who is the school counsellor?

Sharon Mustard has been a counsellor and Psychotherapist for over 20 years. She has a practice in the centre of Salisbury where she works with her colleague Stewart Mustard, as well as working as the school counsellor on Wednesday afternoons from 2-6pm in the Health Centre and Friday afternoons 12-2pm.



Will what I say be confidential?

All information received for you as my client will be treated in the strictest confidence. This includes information gained directly from you in sessions, or from any third party and referral reports. I do make brief notes about our sessions which are securely locked away. You, as my client, can request to see these at any time. Please note, there are exceptions to exclusive confidentiality:

- Where a criminal offence may have been or may about to be committed or is the subject of an ongoing police investigation. In this case, I have a legal duty to disclose such information.
- Where there is significant risk to self or others.

What will be expected of me?

Your commitment to fully take part in sessions throughout the course of treatment is important for achieving what you want to achieve from coming. It is essential therefore that you discuss any doubts you may have about the therapeutic process at any time. Although, as the counsellor, I am there to help you with whatever the difficulties are for you, it is *your* effort that causes actual change. On occasion you may be given short written or thinking tasks to do in between meetings.

Where will the counselling take place?

Where possible, all sessions will take place in the counselling room upstairs in the Godolphin Health Centre. However there are times when the counselling service has busy periods when it may be necessary to see Sharon (or her colleague Stewart) at their practice at 15 New Street, Salisbury where there is a choice of daytime or evening appointments. This is only 5 minutes' walk from the school site. You may be asked to attend sessions at 15 New Street if you require more than 6 sessions, are a day girl or in sixth form.

How will payment for my sessions be made?

If you are having sessions on the school site or at 15 New Street, payments are charged through the school billing system to your parents at £51 per 45-minute appointment, unless a different agreement has been made with the school.

Can I give feedback on the counselling service?

You can certainly speak to your counsellor at any time if you are worried or unsure about how things are going. However if you feel you would rather speak to Sister Gill or Rose about any concerns, that you will be able to do so.

Following your last agreed session with the counsellor, the Health Centre will send you an email with a few short feedback questions about the service you have received. Please be as honest as you can with these questions.

What if I need to cancel my appointment or miss an appointment?

If you need to cancel an appointment, there will be no charge if at least 24 hours notice is given. However the full session fee will be payable if the cancellation is within 24 hours of your appointment time or you do not attend.

If you are late for your appointment, we will only be able to meet for the remaining time left of your 45 minute appointment.

My appointment is at 15 New Street. How do I get there?

First walk down Milford Hill towards the Town Centre. After coming under the bridge, take the 4th left turn into Catherine Street (Specsavers is on the corner). At the end of Catherine Street, turn right at the traffic lights. 15 New Street is on the left hand side of the road (just before Vanity Hair).

As you approach the building, you will see the 'Mustard Therapy and Coaching' brass plaque by the doorway. As you enter via the front door, you will see our intercom buzzer on the left hand wall. We will buzz you in through the second door, then please come straight up to the second floor where I will be there to greet you.

How do I contact Sharon directly?

Sharon or Stewart can be contacted on 01722 321499 OR 0775 430 3987. Texts are welcome.

Email mustards@godolphin.wilts.sch.uk or via www.mustardtherapy.co.uk.