MACPYC information sheet

Many young people can, at times, become anxious, depressed, angry or scared. It can help to talk to someone. A young person may find it difficult to talk to their parents. Counselling is a process where, from a safe and supportive environment, a counsellor can help your child learn how to help themselves.

It can help young people work out coping strategies to enable them to deal with their difficulties. Counselling can help a young person to deal with anxiety, bereavement, bullying, anger, relationships, low self-esteem and self-harm.

During a counselling session, a qualified Young Persons counsellor will talk to your child for an hour. You are encouraged to wait outside the counselling room in the office area. If your child is under 16 years of age you are required to wait in the office area during counselling.

Before the process begins, a contract is agreed between your child and the counsellor. This allows your child to talk in confidence to his/her counsellor. A counsellor cannot break this unless:

1. The counsellor has good grounds for believing that the young person may cause serious harm to themselves or to others.
2. The counsellor is instructed by the court to disclose information.
3. A young person discloses any criminal activity, or knowledge of any criminal activity under the Terrorism Act (2000) or the Drug Trafficking Act (1994).
4. The counsellor is upholding Child Protection Laws.

Confidentiality: No information can be disclosed to parents without prior consent from the client. Any enquiries made by a parent will not be considered without this consent.

A copy of MACP Child Protection Policy is available at: MACP Office 028 8799 0019.

E-mail: [macpcounselling@gmail.com](mailto:macpcounselling@gmail.com)

PARENT’S RESPONSIBILITY

* Complete all forms and inform counsellor if details change.
* Bring your young person to appointments on time and collect promptly.
* If unable to attend notify counsellor 24 hours beforehand if possible so the slot can be allocated to someone else.
* Respect the confidentiality of the counselling process.
* Remain in the office outside the counselling room (for young people under 16).
* There is no fee for counselling, but we encourage clients to make a £5 donation to help pay for heat and electricity.

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I consent to my child attending counselling. I have read the parents responsibilities.

Print name:

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_