

Linda Hillery Counselling



HELPING YOU FIND YOUR WAY FORWARD

Young People's Counselling (Age 16 - 18)

Information for Parents & Carers

Adolescence can be a tough time for a young person as they transition from childhood into adulthood. They may feel insecure or confused about who they are and wonder about how they fit in the world around them. They may begin to take some risks as they explore their independence, experimenting with different roles, activities and behaviours. However challenging this might feel for parents, it is all part of the process of developing their own identity and direction in life.

During this time they may need some help with their problems and worries, as these can often affect their behaviour, their relationships and their schoolwork. Sometimes, no matter how well they get on with their parents, adolescents may find it hard to talk to them and this is where it can help to talk to someone outside of their network of family and friends.

Counselling offers a safe, confidential space for them to talk about whatever is going on for them. Talking to someone who will not judge them or tell them what to do can help them to consider different perspectives and enable them to make their own sense of things.

I offer counselling for young people aged sixteen and over who are either seeking help for themselves or have agreed with their parents/carer that they would like some help.

What issues can counselling help with?

There can be lots of pressures on young people growing up, for example friendships, bullying, appearance; exams and schoolwork; family relationships, separations and changes; as well as illness, loss or death of someone close. Young people also have to cope with the strong feelings and physical changes that are part and parcel of adolescence.

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Confidentiality & privacy

Young people have the same rights to confidentiality and privacy as an adult client. Please see my client contract and privacy policy for more information. To maintain confidentiality I will not share what is discussed in sessions with parents or carers unless the young person asks me to, and I ask that you respect this. If they disclose something that leads me to believe there is a risk of harm to themselves or someone else I will take the necessary steps to safeguard them which may mean contacting you as their parent or carer, or the relevant person in authority as appropriate. Aside from this, I will only share information with a parent/carer or another agency with the young person's full knowledge and consent.

How can a parent or carer support the counselling process?

More often than not, it falls to parents or carers to pay for, and make the necessary arrangements to get the young person to their counselling sessions. I offer both short and long term therapy and would normally review how we are doing together every six weeks. This means it is both a financial and time commitment, so please ensure you consider this:

- Your young person will be asked to sign a Counselling contract and complete a client information form before sessions can begin, so please offer to help them with the paperwork if needed.
- Find a day and time for their sessions that work for you both and enables them to attend regularly. Support them by reminding them of their sessions and help them to plan around these if necessary, as I know their calendar can seem pretty busy at this age.

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- Kindly ensure that payment is made no later than 48 hours prior to each session to secure their space as outlined in the client contract. Please get in touch if you have any issues with ongoing payment.
- Whilst I try to be flexible wherever possible, once we have agreed a day and time for sessions I hold this space exclusively and generally require **a minimum of 48 hours'** notice, by telephone, text or email, if you/they need to cancel or change a session. Where less than 48 hours' notice is given and/or if a session is not attended, **the full fee will apply**. If two consecutive sessions are missed without notice or contact, unless otherwise agreed between us I will assume your young person no longer wishes to attend, and their contract will be terminated.
- It will help if you accept counselling as normal and show an interest if they want to talk to you about it, without pushing it if they prefer not to.

If you have any questions or concerns about your child whilst they are in counselling, or if you notice any changes in them or feel there is anything I should know about, please do get in touch.

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