



## The Sixth Form College Farnborough Student Counselling Service

The College Counselling Service is available to any student who would like to talk to a counsellor about anything that is worrying them. The kinds of things students might come to see us about include:

Anxiety about college/exams  
Relationships/sexuality  
Family problems  
Bereavement  
Loneliness

Low self- esteem  
Stress/panic attacks  
Self-injury  
Alcohol or drug misuse  
Problems with food

And lots of other things as well! In fact, if anything is getting you down it might help to talk things over with a counsellor who is trained to listen and won't judge you.

Come and see us during one of our 'drop-in' times to find out more about counselling -

9am-9.30am

12.30pm - 1pm

4.15pm – 4.45pm (Wednesdays & Thursdays)

You will find us up in Student Services, just off from Reception.

You can also email us - [counsellors@farnborough.ac.uk](mailto:counsellors@farnborough.ac.uk)

Or call us - 01252 551216 (direct line)

## **About Counselling**

You may already have some idea of what counselling is, or somebody might have suggested it could be useful for you and you don't really know what to expect.

If someone has suggested counselling you might be feeling uncomfortable about coming to talk to someone you don't know about stuff that feels very personal and private. It is very natural to feel this way, and your counsellor will understand this and will not expect you to talk about anything that you don't want to.

Counselling is not about giving advice. It is about supporting you and helping you to work through whatever is worrying or upsetting you.

Sometimes it can be difficult to talk to family or friends about how we are feeling either because we don't want to worry them, or we think they might think badly of us, or because they are actually part of the problem.

Your counsellor will not judge you or criticise you. He or she will take time to listen to how things are for you and how you feel about your problems.

Everyone is an individual. You might respond to something in a very different way to your friend or someone in your family. Your counsellor will want to understand what it is like for **you**.

Counselling works best when you feel you can trust your counsellor and start to feel more comfortable talking about things. This can take a few sessions so it is important to keep attending regularly so that you give yourself the best chance of counselling being helpful.

Although counselling is mainly about talking through things, sometimes you and your counsellor might find it useful to work with creative therapy materials, and we have a range of these available.

### **Where to find us**

The counselling rooms are part of the Health and Wellbeing Suite just by Student Services Reception in the main building.

## **Different Types of Counselling**

### **One off Appointment**

You can come along to a one off 'drop-in' session or book a one off appointment to talk through anything that is worrying you. Sometimes this might be all you will need. If you decide at a later date that you would like further sessions then you can always get back in touch with us to arrange these.

### **Ongoing Counselling**

We offer one-to-one ongoing counselling for students. After your first drop in session we will contact you to arrange up to 3 further sessions initially. These 3 sessions are to give you space to talk about things in more detail and for both you and your counsellor to discuss your options going forward.

You may decide that you want to continue with ongoing counselling in which case you can then book a block of 6 sessions with your counsellor. Each session is for 50 minutes and will take place when you have a free period. You will always see the same counsellor and the time will be reserved for you each week.

Having regular sessions can be useful if you want to work through something that is worrying/upsetting you in some detail or if you feel you would benefit from having ongoing support for a while.

If you are finding the counselling useful and want to continue then you can always discuss this with your counsellor and book some more sessions.

### **Other Support**

During your first 3 sessions you may find that counselling isn't the kind of support you think would be most useful. You can use these sessions to discuss other options with your counsellor and your counsellor will help to identify other forms of support for you.

## Small groups/Workshops

The Counselling Service runs small groups/workshops throughout the college year. Students find these helpful as they meet others in similar situations or with similar difficulties and can then support each other. All the groups are run by one of the counsellors and take place at the end of the college day. Groups include: bereavement support; exam anxiety; self-esteem; procrastination.

## Cancellations and missed appointments

Counselling is voluntary and you do not have to attend if you would prefer not to.

When you start your counselling sessions you will be given an appointment booklet with your counsellor's contact details and your appointment times.

When we know in advance that you are unable to attend we can also offer the appointment to another student who is waiting. This helps us to keep the waiting time for students to see a counsellor as low as possible. The more notice you can give us the more chance we have of rebooking the appointment time for someone else.

When students don't let us know if they are unable to make their appointment then it means that the appointment time is wasted. At busy times of the year, particularly around exams, this can cause frustrating delays for students who are waiting.

If you keep missing appointments then your counsellor may suggest that you discontinue with counselling for the moment and contact us again when it feels a better time.

## Is Counselling Confidential?

- Counselling is confidential. Nothing you talk about will be passed on to your tutors or family or anyone else without your permission, **unless** you or someone else is in danger. Your counsellor will take time during your first session to discuss this with you in more detail.

- All counsellors at the 6<sup>th</sup> Form are working within the Ethical Framework laid down by the British Association for Counselling and Psychotherapy (BACP), with particular stress on confidentiality. You can find out more on [www.bacp.co.uk](http://www.bacp.co.uk)
- All counsellors have professional supervision. This is where they talk to another specially trained counsellor about their work. Having regular supervision ensures your counsellor is working safely. The supervisor also adheres to confidentiality guidelines.

### **Concerns about the Service**

We hope that you find working with your counsellor a rewarding experience. If you have any concerns however, or want to make a complaint, then please either contact Janet or Tracey, the College nurse, or your personal tutor and the matter will be referred to Catherine Cole, Deputy Principal, Student Services.

## **What do students say about the Counselling Service?**

*"It was helpful...it has given me confidence and helped me to learn about myself...I would definitely recommend it."*

*"It helped me quicker than I thought it would and I always felt happy coming to sessions."*

*"It has made me feel more confident and has allowed me to deal with anxiety independently if it ever comes back"*

*"It was more relaxed and informal than I thought it would be which was good as it put me at my ease."*

*"I thought it wouldn't help me and would be a waste of my time. I soon discovered it was very helpful. It has cleared me of my depression and helped me to express the real me."*

*"It taught me ways to calm down and realise that I am in control of how I'm feeling."*

*"It was really good. I feel a lot happier. It is nice to be able to talk without being judged."*

*"My counsellor was excellent. She helped me to makes sense of things. I came out feeling really good!"*

*"It gave me time to talk things over that I didn't feel able to do with my parents."*

*"I have talked about things that I didn't really want to talk to anyone else about. I feel less stressed and lighter."*

*"It was a lot easier to talk to someone than I expected and it took a lot less time than expected".*

*"Far better than I expected – didn't expect it to help. It has helped me beyond belief."*

## Who are the College Counsellors?

**Janet O'Connell (Lead Counsellor and Counselling Co-ordinator)** is a qualified counsellor and supervisor. She is an accredited member of the BACP and has worked at the 6<sup>th</sup> Form since 2003.

**Richard Carroll (Senior Counsellor)** is a qualified counsellor and supervisor and the Programme Manager for the Humanistic Counselling Degree at Guildford College. He has considerable experience as a drugs outreach worker for SADAS (Surrey Alcohol and Drug Advisory Service) working with young people across Surrey. Richard is an accredited member of the BACP.

**Claire Basil (Senior Counsellor)** has worked at the 6<sup>th</sup> form since 2006. A qualified counsellor since 2008, she also has a particular interest in group work. Claire will be running various support groups throughout the year. Claire is an accredited member of BACP.

**Hayley Martin** - Hayley is a qualified counsellor who has worked at the 6<sup>th</sup> form since 2009 and is a full member of BACP.

**Nicola Parkinson** - Nicola is a qualified counsellor who has worked at the 6<sup>th</sup> form for the past year and is a full member of BACP.

We also are fortunate to have the following student counsellors working with us during their supervised placement. They are all in the final stages of their counselling training and are student members of BACP.

**Johanna Bishop**

**Samantha Lye**

**Joanne Welland**

## **External Support Services**

### **National**

Childline Tel: 0800 1111 – [www.childline.org.uk](http://www.childline.org.uk) for children and young adults. 24 hours a day 7 days a week confidential helpline

Samaritans Tel 08457 90 90 90 [www.samaritans.co.uk](http://www.samaritans.co.uk) confidential helpline

### **Local**

Hampshire Youth Bureau – Aldershot. 01252 324499 Counselling for ages 13-25

Arc – Wokingham 01189 772 818 [www.arcweb.org.uk](http://www.arcweb.org.uk) Free confidential counselling and online counselling

### **Alcohol**

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) – if you are worried about your own drinking

Al-anon – for relatives of someone with an alcohol problem (with a link to alateen)

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk) local meetings available in Farnborough, Farnham Woking

National Association for Children of Alcoholics (NACOA) 0800 358 3456 [www.nacoa.org.uk](http://www.nacoa.org.uk)

### **Bereavement**

The Cruse Bereavement Centre [www.rd4u.org.uk](http://www.rd4u.org.uk) 0808 808 1677

**Drugs** Talk to Frank 0800 776600 [www.talktofrank.com](http://www.talktofrank.com)

### **Eating disorders**

Eating Disorders Association [www.b-eat.co.uk](http://www.b-eat.co.uk)

Boy Anorexia [www.boyanorexia.com](http://www.boyanorexia.com)

### **Mental wellbeing**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Lots more helplines can be found via [www.childline.org.uk](http://www.childline.org.uk)**