

Sensing Friends Counselling Confidentiality and Consent Form.



Sensing Friends counselling aims to provide a safe space for young people to explore issues such as isolation, stress, family difficulties and bullying in a solution focused way.

Your counsellor will help you explore your thoughts and feelings and help you to develop a tool kit of things which help you move forward and overcome any difficulties you are having. You will normally be able to have up to 12 sessions with your counsellor and each session will last 50 minutes. Under certain circumstances additional sessions may be offered to you if it seems appropriate.

Sometimes things can feel worse when you start counselling as the process can cause difficult feelings and emotions to come to the surface. If possible, it is best to discuss these difficulties rather than abruptly end counselling, sometimes this can help you to continue or if this doesn't feel right it gives a chance to have a planned ending. You will never be under any pressure to continue at any point.

Confidentiality

Your counselling sessions are confidential. Your counsellor may share information with their supervisor to help them do their job, in this case your identity would be not be disclosed.

If your counsellor is concerned that you or someone else may be at risk of serious harm, they will need to let your parents/carers and/or a professional who look after you know what is going on, so they can keep you and others safe. Your counsellor will always try and speak to you about this if possible.

BACP ethical framework

All Sensing Friends counsellors are members of the BACP and abide by their code of ethics and standards of practice. A copy of the ethical framework can be found on the [BACP's web site](#).

They are also subject to the BACP's complaints procedure. Please also see Sensing Friend's website where you can find our [complaints policy](#).

Data Protection

Sensing Friends are on the public register of data controllers and adhere to the Data Protection Act (1998) and GDPR regulations. We will ensure that your details are held safely and securely and are never sold or shared with any third parties (see confidentially for

exceptions). We will store your data for 5 years from the date you finish counselling. See www.ico.org.uk for information on your rights in relation your data.

If you are happy with the way your personal information is being collected, stored and used, please provide evidence of your consent by signing below.

Parent / Career

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Date

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Signature

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Supervision

All Sensing Friends counsellors are members of the BACP and are required to attend monthly supervision with a counselling supervisor and to undertake on-going training and self-development.

Cancellations

If you are not able to make your appointment please contact your counsellor as soon as possible. If your counsellor is unable to attend a session due to illness they will inform you at the earliest possible notice and arrange another appointment. You can also contact us by emailing admin@sensingfriends.org

Contact

Contact between you and the counsellor between sessions will be limited to cancelling/re-arranging sessions. Counsellors will not accept requests on any social media platform, this protects the therapeutic client/counsellor relationship.

I agree to the terms of the contract

Counsellor

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Date

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Signed

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Young Person

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Date

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Signed

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Parent/Carer

I have read and understand the contract and the 'information for parents/carers' on the registration form and agree to the young people receiving counselling as set out in this contract.

Parent/Carer

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Date

.....

Signed

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Please hand your completed form to your counsellor or email to admin@sensingfriends.org

Thank you

Sensing Friends