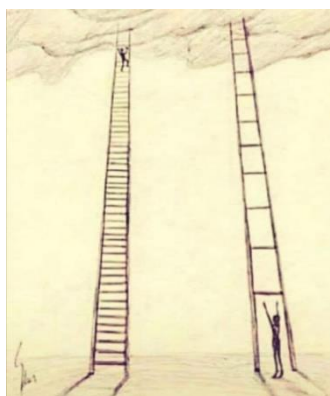


Counselling at TBGS: an integrative approach.

Children and young people experience developmental changes that are unique to each individual. As your School Counsellor, I work alongside each student to enable him or her to address and explore specific problems, cope with crisis and work through feelings and issues of conflict to improve relationships with others, gain a deeper understanding of themselves and the situations facing them and develop strategies to cope with change.



Counselling at TBGS takes place in a private and confidential setting to explore these difficulties and aims to enable choice or change or a way of reducing confusion. It does not involve giving advice or directing a student to take a particular course of action; the student is enabled to find ways on how to deal with their issues and has autonomy of direction. However, as a qualified Counsellor I am bound by the ethical code of practice of the BACP where confidentiality may be broken if the student is in danger of harm or of harming others. My role is to offer respect in a non-judgemental environment, to listen and be patient so I can begin to perceive the difficulties from the student's point of view and enable them to see things more clearly, possibly from a different perspective.

Students come to Counselling with a range of issues including anxiety, anger, self-worth, self-esteem, grief, bereavement, perfectionism, eating disorders, suicidal ideation, sexuality, self harm and it is within this safe space that students are encouraged to explore their thoughts and feelings and talk openly with the possibility of making things easier to understand or change.

All students are met with an initial wellbeing session to enable support to be more specifically targeted to each individual need.

I passionately believe that by offering counselling support at an early stage, many young people can learn to recognise and build on their inner strengths and are better able to navigate their way through the often confusing adolescent years. Counselling is one part of the strong Pastoral ethos at TBGS.

Resilience only comes with experience and it is how young people are supported to move through these sometimes difficult periods in their lives that resilience can be embedded and drawn upon in their future lives.

If you have any questions and would like to contact me my email is;
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