



**Piece by Peace Counselling Agreement for
Young Adults (11yrs-17yrs)**

e-mail support@piecebypeacecounselling.com

mobile 07514 132966

www.picebypeacecounselling.com

My name is Rachel and I am a qualified counsellor. I am a registered member of the British Association of Counsellors and Psychotherapists (BACP). They guide and support me with the work that I do. Further information can be found on www.bacp.co.uk

My job as your counsellor is to spend some time with you where you can come and talk to me about how you are feeling and what is on your mind.

What is Counselling?

Counselling offers a safe space for you to talk about whatever is troubling or upsetting you. Because you don't know me and I am not involved in your life, I won't be judging you or telling you what to do. I know that it isn't easy to talk about the big things that are worrying you, so I won't push you to talk. I will give you the time you need until you are ready to open up. We can do different things in our session like use creative games, draw and/or paint or read or we can just sit and talk.

What does confidentiality mean?

Whatever we talk about will stay between the two of us unless you tell me the following:

You are harming/hurting yourself and I feel that medical help is needed.

You are harming/hurting someone else.

You are involved in something which could mean that you are committing a crime.

If you do tell me these things, I may have to speak to someone else about it like your parent(s) or your safeguarding teacher at school. I will try and speak to you first to let you know that I am worried about you and that I must share the information with someone else who will be able to help you.

How long will our sessions last?

Our sessions will be for 50 minutes.

Consent of client (under 17 years of age)

Name..... Age.....

Telephone number.....

Email address.....

Emergency point of contact.....

Please read carefully and sign below

- I am giving consent to take part in these counselling sessions.
- I will always be on time for my sessions.
- I will be open and honest with my counsellor, and I will ask if I don't understand what is being explained to me.
- I will let my counsellor know if I won't be unable to attend my sessions.
- I am happy for my counsellor to have my mobile number and email address.

Client..... Date.....

Counsellor..... Date.....