

Cedar Counselling

The free counselling service for parents and carers of Cedar School pupils

We know through experience how daunting counselling can be if you're not sure what to expect. We've put together this information sheet to try and answer some of the most common questions.

What is counselling?

In your pre-arranged session your counsellor will listen to you talk about anything that is worrying you, without judgement or criticism. S/he will not assume that they know best but will respect your ability to know what's best for yourself. You will not be told what to do, but will be supported while you make your decisions – no matter how long it takes. Talking to someone we learn to trust can be useful in helping us to understand our feelings more clearly.

It is quite common for people to feel emotional or tearful after a counselling session. It's rare for parents/carers of children with special needs to have the time to reflect on their own feelings and anxieties; counselling can be an oasis for you to explore what life is like for you.

Some clients talk of feeling 'stuck'. They may feel that they're not really getting anywhere in counselling, sometimes wanting to miss a session or even give-up. This feeling is usual in counselling and reflects human life, which is full of ups and downs. Counselling sessions at these times often prove beneficial and help with personal clarity.

Although there are no definite answers, counselling is a way forward in self-understanding and in finding out what is individually best for each of us. The aim of Cedar Counselling is to offer a space for parents and carers to explore the difficulties they face with someone professional and compassionate.

Will any one find out I've been here?

No, not unless you tell them. Confidentiality is very important to us, however, it is ethical procedure for counsellors to have supervision and we are no exception. Each counsellor meets fortnightly with a professional supervisor to discuss their work. The supervisor is the counsellor's support – you will not be identified in any way.

The only time it is necessary to break confidentiality is if your counsellor feels that you or someone else is in danger. Even then s/he will usually discuss their intentions with you first.

How often do we meet?

Sessions may be in person, on the phone or on Zoom. Whichever type of session you have, it is usual to meet once a week at the same time, and place if in person, for 50 minutes. If you arrive late the session will still need to finish on time, so being on time will be of benefit. Research suggests that the consistency of time and place aids the counselling process. There is no limit to the amount of sessions on offer and as long as you are a parent/carer of a pupil at Cedar School you can access the counselling service.

If you need at any time to cancel an appointment please let your counsellor know, we would appreciate as much notice as possible. It would also be helpful to know if you intend to return the following week or not. In exceptional circumstances it may be necessary for a counsellor to cancel an appointment; this is something we try very hard to avoid. However, if it does happen we will contact you as soon as possible.

About Cedar Counselling

Cedar Counselling is a professional and confidential service based at but run independently of Cedar School. None of the counsellors have any link to the school. The counsellors are all insured and all members of an appropriate professional body. All have the necessary qualifications to work with clients and some may be in further training. Please note that Cedar Counselling is a marketing name and your contract is with your individual counsellor.

What if I'm unhappy with my counsellor?

*Occasionally a client may feel the need to complain about a counsellor and we take this very seriously. If you feel you'd like to do this then please contact the Cedar Counselling Coordinator on:
07852 317 936 or counselling@cedarschool.co.uk*

Contact

To make an appointment, or if you have any questions, please contact the Cedar Counselling Coordinator on:

counselling@cedarschool.co.uk

07852 317 936