

Counselling

What is counselling?

Counselling offers children and young people a space to talk about their thoughts and feelings in a safe environment. It helps them to share any worries or problems they may have and to build their confidence and self-esteem.

Children and Young People's counselling is for any young person who is having problems. Whether it is depression and mental health concerns or issues with parents or people at school. Talking to a Relate Counsellor can help.

Children and young people are able to speak with one of our counsellors who are trained or in training, and who are able to offer talking therapy and play therapy whilst enabling the child/young person to feel heard and trust the process.

It can be difficult for children and/or young people to be able to talk to parents or family members about what they are thinking and feeling. Talking to someone outside of the family can help your child to build trust, feel heard, and feel safe whilst learning to gain coping strategies and make sense of the world they live in. Children's counselling focuses on providing a non-judgemental, safe and confidential space, where a child can talk freely about concerns ranging from anxiety and low self-esteem to emotional regulation, relationships, parental separation and bullying. The end goal is always the same: to help children better understand their thoughts and emotions, and develop techniques to help them cope with life's ups and downs.

Resources:

Goals for Therapy

How can counselling help children and young people

<https://www.bacp.co.uk/about-therapy/what-therapy-can-help-with/child-related-issues/>

How to know what kind of therapy your child needs

<https://socalmentalwellness.com/child-counseling/therapy-your-child-needs/>