



Counselling and Family Mediation. – Western Isles

Young People Counselling Service

UNICEF underlines young people have a right to have their voice heard. A young people's service which has therapeutic listening at its base embodies this right and provides the most appropriate foundation for supporting young people who may face a range of issues.

The Scottish Government's as well as NHS Scotland's initiatives emphasize GIRFEC principles (Getting It Right for Every Child) and the benefits of early intervention when problems occur.

Our counsellors are fully trained to offer a counselling service to Young People within Western Isles.

Referrals can be made directly to this organisation by the young person, their parent, education, NHS, Social Work or by any other agency.

Our Organisation has been delivering a young people's counselling service throughout Western Isles since 2009. This followed a need that was identified initially by pupil representatives both in the Nicolson Institute and Sir E Scott. They, as a specific need, requested an independent service for counselling services designed for young people, independent of school and health service.

Over the years this service for young people has become an absolute necessity which has seen the number of young people utilising the service increase considerably. Due to the unforeseen trauma that has been evident in our Islands over the last few years, which has affected our younger generation considerably, it has been necessary on occasions to have counsellors based within our schools for several weeks at a time.

YOUNG PEOPLE COUNSELLING SERVICE:

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 are able to speak with one of our counsellors who are trained to Diploma level and who are able to offer therapy whilst enabling the child/young person to feel heard and trust the process.

How can counselling help a young person?

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.

Our Counsellors

All of our counsellors at Counselling and Family Mediation – Western Isles adhere to the British Association for Counselling and Psychotherapy's Code of Ethics and practice for Counsellors. We are also members of Relationships Scotland and COSCA .

We have a diverse team of professional counsellors who are qualified to Diploma Level. All counsellors are required to have supervision. Good counselling practice requires regular supervision, and our counsellors receive individual supervision on a monthly basis and group supervision (10 hours annually), both of which ensure good counselling standards are maintained.

The Counselling Process

Our Service Manager offers all young people referred a short assessment interview. This ensures the young person is provided with all the relevant information regarding our organisation, whilst providing the child/young person with an opportunity to decide whether she/he wishes to go ahead with the counselling. As regular attendance is a crucial part of the counselling process, counselling normally continues throughout the school holidays.

Young clients should be prepared to commit to a minimum of four to six weekly sessions initially, following this the counsellor and the young person will review the situation and decide whether additional sessions are required. This will continue to be reviewed regularly to ensure we are meeting the needs of the child. Under normal circumstances, and to ensure the comfort and confidentiality of the young person, counselling sessions take place in our premises (this is a choice young people themselves initially made and to date continue to prefer).

When/where necessary counsellors will attend school premises. Counsellors also deliver sessions online via Zoom/VScene/or phone.

Confidentiality

Counsellors treat information disclosed to them as confidential. In addition, any information their supervisor receives is also treated as confidential and we do not disclose children or young people's details to any third party. Children and young people have a right to speak to someone outside of the family in confidence and neither parent has access to any sessional information. However, should a counsellor feel a child/young person is either a danger to themselves or others, the counsellor does reserve the right to inform outside agencies, but would not do so without, whenever possible, informing the child/young person. Please also note that under the Children's Act, 1989 counsellors are required to report any child protection concerns to our Service Manager who in turn will advise social services.

Cancelled appointments

We would ask you to give a full 24 hours' notice for cancelled appointments. However, in the event that an appointment is cancelled on two consecutive weeks, we will give you the opportunity to decide whether or not you wish to continue with your counselling or postpone it to a later date.

Established in 1990, Counselling and Family Mediation offers the following services:

- A generic Counselling service for couples and individuals
- A Counselling service for children and young people
- A Family Mediation service
- Sex and Relationship Therapy

ADDRESS:

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REGISTERED CHARITY NO: SCO16055. COMPANY REGISTRATION NO: SC28815

COSCA Registered Member No: OMCORL2920



COUNSELLING AND FAMILY MEDIATION – WESTERN ISLES

SCHOOL COUNSELLING REFERRAL FORM

Name:

Date of Birth

Address:

Post Code:

Contact telephone number: Home:

Mobile:

Parent's/Carers Names:

Address if difference from Young Persons:

Contact telephone number: Home:

Mobile:

SCHOOL ATTENDED:

YEAR

GUIDANCE TEACHER:

FAMILY GP Practice (if known):

REASON FOR REFERRAL:

ARE ANY OTHER AGENCIES INVOLVED WITH THIS YOUNG PERSON: YES/NO

If yes, please state which agency:

IS YOUNG PERSON AWARE OF AND AGREEABLE TO THIS REFERRAL? YES/NO

Referred by:

Date:

RETURNED BY EMAIL TO:

cfmwesternisles@btconnect.com

**Christine MacKechnie, Service Manager
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