

Referrals

During the counselling process it may be considered beneficial for other professionals to become involved in the care of a client. While referrals and recommendations can be made it will remain the parent's responsibility to arrange and follow through with this.



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Bundaberg Christian College



COLLEGE
COUNSELLOR

He heals the brokenhearted and
binds up their wounds
Psalm 147:3

Christian Counselling

Christian Counselling is counselling according to God's Word. It recognises the whole person - spirit, soul and body. Christian counselling involves recognising and respecting each person as an individual while also promoting and supporting healthy family relationships.

Through counselling, people learn about themselves and talk through their difficulties or fears.

Working with a Counsellor can help people to discover ways to overcome troubling feelings or behaviours and develop inner strengths.

Counselling can provide a safe place where people can freely explore and express their feelings and learn and practise social skills. There are many reasons why young people may seek the help of a counsellor. These include relationship issues, anxiety, depression, danger, identity issues, grief and loss, self-harm and suicidal thinking / attempts.

*The **counselling relationship** is very important and is based on trust, respect and non-judgemental acceptance.*

Trust is the most important ingredient in counselling - after all, counselling involves being open and honest with someone and talking about sensitive topics such as feelings, ideas, relationships, problems, disappointments and hopes.

Confidentiality is essential for maintaining a good counselling relationship. Every effort will be made to respect each individual's right to privacy but the level of confidentiality will vary depending on a person's age and maturity and the reason they have come to counselling.

The legal requirement is that confidentiality will be broken if;

- *Child abuse is either reported or suspected.*
- *If the client poses a "clear and imminent danger" to either themselves or someone else including family members or police.*
 - *If the client consents to the release of information.*
- *If the court subpoenas counselling records.*
- *When consultation or supervision with another counsellor is desired in order to provide the best possible assistance to the client.*

When making decisions regarding confidentiality, the client's welfare and personal safety will be considered a priority, as well as the importance of the support and involvement of parents and the well being of the College community as a whole.

Counselling is available to students from both the Primary and Secondary school. Appointments can be made by parents or students either directly through the College office or by contacting your child's teacher in the Primary Department or Year Level Co-ordinator for Secondary students.

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