

Informed Consent for Counselling with Children (Ages 6–12)

Confidentiality, Consent and Agreement for Therapeutic Work with Children

1. About the Counselling Process

Counselling offers a supportive space for your child to express themselves and explore their thoughts and feelings. Sessions may involve talking, play-based or creative approaches, depending on what suits your child best. Counselling is not about 'fixing' a child, but about offering space to build awareness, confidence, and emotional wellbeing.

2. My Approach

I am a Humanistic and Integrative Counsellor, which means I adapt my approach to meet the individual needs of each child. I may use therapeutic play, sand tray, creative storytelling, or drawing and art-based methods to support emotional expression. Sessions are generally held weekly and last 45–50 minutes, depending on the child.

3. Parental Involvement

As the parent or guardian, your perspective is valued. I begin with an initial consultation with you to understand your child's background and current challenges. Regular check-ins will be scheduled to keep you informed of general themes and progress.

However, in order to build trust and create a safe space, **I do not share detailed content from sessions** unless there are safeguarding concerns. We will agree together — with your child where appropriate — what information can be shared, and what should remain private.

4. Confidentiality and Safeguarding

What your child shares with me is treated with care and confidentiality. However, I am legally and ethically required to break confidentiality if:

- I believe your child, or someone else, is at risk of serious harm
- I am made aware of abuse or neglect involving a child or vulnerable adult
- I am required to do so by law or court order
- I seek supervision (a professional requirement), where identifying details are anonymised

Flourish Oxford is registered with the Information Commissioner's Office (ICO), and your child's personal information is handled in accordance with GDPR and safeguarding legislation.

5. Record Keeping and Privacy

Brief notes may be kept on session themes for clinical purposes. These are stored securely and are not shared without consent unless legally required. You may request to see these records.

6. Ending Therapy

Counselling can be short or longer-term. Planned endings are encouraged, and we will review progress regularly. If your child decides to stop coming, I will aim to support a thoughtful closure where possible.

Agreement and Consent

By signing below, you confirm that:

- You understand the counselling process and have had the opportunity to ask questions
- You give consent for your child to attend counselling with Nicolette Glashan
- You understand the limits of confidentiality and safeguarding procedures
- You agree to attend parent meetings and support the process collaboratively

By signing below, I am agreeing that I have read, understood, and agree to the items contained in this document:

Child's Name:

Signature:

Date of Birth:

Date:

Parent/Guardian Name: