

Informed Consent for Counselling with Young People 12-18

Purpose of Counselling

Counselling offers a confidential space for young people to explore their thoughts, feelings, and experiences with the support of a trained professional. My role is to support your wellbeing, help you make sense of things, and work with you at your pace. You don't have to talk about anything you don't want to.

My Approach

I am a qualified Therapeutic Counsellor. I work collaboratively, with empathy, curiosity, and creativity. This may include talking, drawing, using imagery, sand tray, vision boarding, or other creative ways to help you explore what's on your mind. We'll work together in a way that feels safe and useful for you.

Your Autonomy

You have the right to be heard, respected, and included in decisions about your therapy. While your parent or guardian is involved in supporting your wellbeing, our sessions are private unless there's a clear reason to share something.

We'll agree together, with you and your parent/carer, what information can be shared, and what will stay confidential. I will always aim to involve you in any decisions about sharing information, unless there's a safety reason that makes that difficult.

Confidentiality

What we talk about in sessions stays between us, unless:

- You are at serious risk of harm (including to yourself or others)
- You tell me about someone else who is being hurt or is unsafe
- I am required by law to share something (e.g. by court order)
- I speak to my supervisor (which I do to ensure I'm working safely and ethically, no identifying information is shared)

I will always try to talk to you first if I need to break confidentiality and explain what will happen next.

Parent/Carer Involvement

Parent or carer involvement is important and helpful, they support you outside the counselling room. I offer regular check-ins with parents/carers where appropriate. These focus on general progress and wellbeing, not the detailed content of sessions unless we've agreed to share that.

How Sessions Work

- Sessions last 50 minutes, usually once a week at the same time and place
- You can ask questions, pause, or stop counselling at any time
- What we do in sessions is your choice, there's no pressure to talk about anything you're not ready for

Record Keeping & Privacy

I keep short, secure notes about our work, which are stored safely in line with UK GDPR. I am registered with the **Information Commissioner's Office (ICO)** as part of Flourish Oxford's data privacy commitment.

You (and/or your parent/carer, depending on age and capacity) can request access to your records in line with legal and ethical guidelines.

Agreement and Consent

By signing below, you confirm that:

- You understand the process and have had the opportunity to ask questions
- 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:

You Person's Name:

Signature:

Date of Birth:

Date:

Parent/Guardian Name: