

Child Counselling – 3 to 12years

Adolescent Counselling – 12 to 17years

Adult Counselling – 18 years upwards



Areas of Support

- Social Exclusion/Relationships
- Communication Issues
- Emotional and Self-Esteem Issues
- Abuse
- Trauma & Secondary Trauma
- Underperforming / Poor Academic
- Concentration/ Attention
- Frustration, Aggression, Violence
- Stress, Anxiety, Phobias
- Social Withdrawal
- Loss / Bereavement
- Nightmares / Bedwetting
- Coping with Developmental Difficulties: ADHD, ADD, Autism
- Developmental Delay
- Mutism, Non-verbal
- Physical Difficulties
- Attachment/Bonding difficulties
- Substance Misuse
- Self-Destructive Behaviors
- Care Home, Fostered / Adopted
- Separation/Divorce
- Mental Health Difficulties
- Family Dynamics
- Boundaries

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Counselling

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Fusion
Psychotherapy
Services

Child & Adolescent Counselling



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What can I expect as a client?

- Therapy offers children, adolescents and adults the opportunity to talk about what is concerning them, in a safe, supportive space.
- This may be achieved by talking or by using creative methods to explore your experiences.
- The child/Adolescent will present for counselling with their parent(s), but will complete the confidential work alone with their counsellor within a safe space.

What can I expect as a Parent(s)?

- You will initially have a meeting (stage 2) with the counsellor to discuss your child's current needs.
- Assessment forms, consent forms etc. will be completed at this meeting.
- This meeting allows you the opportunity to ask questions, receive clarification around the collaborative work being done with your child.



Creative Tool Kit:

- Creative Visualisation's
- Laban's Movement
- Music
- Art & Crafts
- Puppetry
- Sand Worlds
- Therapeutic Stories
- Drama
- Dance
- Light & Sound
- White Board

Expressive Tool Kit:

- Psychotherapy and Counselling
 - Focus Therapy
 - Positive Behavioral Therapy
 - CBT Tools
- (This is fully explored with the parent at initial parent meeting stage 2 and with the client at their first counselling session - stage 4)

Confidentiality

As a client you can be assured of discretion and confidentiality*
Respect for and acceptance of your process, including which topics, difficulties you choose to explore and how within sessions.

* Confidentiality is subject to some limitations: If the counsellor becomes aware of abuse past or present and/ or if the therapist becomes aware that you the client or others are in danger. I reserve the right to share this with appropriate services.

Clarecare Counselling



What is Child/Adolescent Counselling?

It is counselling which incorporates other tools to facilitate expression through creative mediums to assist processing. It can be directive and non-directive.

Many people especially Children/Adolescents struggle to explain their circumstances, feelings and reasons behind their behavior, this is why creative mediums can help support the individual.

Counselling offers a space to freely express feelings of sadness, anger etc. without a need for explanation, it allows the person to explore different outcomes and be in control during their session.

This increases a sense of confidence, self-worth and facilitates healing.

Along with talk therapy, a child/adolescent may use creative and expressive mediums to support processing e.g. white board, charts and worksheets to assist adolescents to comprehend the events which are causing issues within their lives. A place where an adolescent can explore safely, without judgment.

Counselling Process:

Stage 1 – Internal referral Form via Clarecare CFSS.
Stage 2 – Counsellor – Analyse Referral SDQ/CORE data.
Stage 3 – Counsellor/Referrer (CFSS) Meeting
Stage 4 – Referrer CFSS meeting with parent/guardian to discuss therapeutic intervention.
Stage 5 – Parent/Counsellor Interview/assessment & forms
Stage 6 – Counsellor analysis of SDQ/Core Assessments from returned from parent/guardian.
Stage 7 – School teacher completes SDQ or CORE forms (optional)
Stage 8 – Counsellor analysis of SDQ/CORE Assessments from school teacher.
Stage 9 – Client/Counsellor therapeutic work commences for 6/8 sessions. Client attends first of 6 Counselling sessions and a verbal contract & rules around confidentiality are discussed. Client self-assessment CORE or SDQ is completed with clients from 11 years upwards.
Stage 10 – On completion of 6/8 therapeutic sessions, client /counsellor completed final or interim SDQ/CORE Assessment.
Stage 11 – Closing with Client – a set or soft closing with client.
Stage 12 – Referrer (CFSS) completes a final or interim SDQ/CORE assessment.
Stage 13 – Counsellor meeting with CFSS referrer to discuss case, interim, discharge or follow-on therapy. (If Interim, please return to STAGE 3 and only complete interim SDQ/CORE forms)
Stage 14 – Parent/guardian completes SDQ/CORE assessment form.
Stage 15 – Counsellor – Analyse parent SDQ/CORE Assessment.
STAGE 16 – Meet with parent/guardian to discuss therapy, discharge or follow-up therapy.
STAGE 17 – Counsellor to analyse data gathered and generate a report, share with third parties if necessary. Action to either place on the follow-up waiting list for further therapeutic work (within 3 months) or close file and notify CFSS.