



## New Brighton Catholic School Mid-Year Counselling Report 2017

8 children are currently being counselled at NBC and another 6 were counselled in Term 1.

Issues covered in recent counselling sessions:

- Anxiety
- Grief and Loss
- Depression
- Issues at home
- Bullying
- Frustration
- Trauma

The counselling programme at NBC has successfully continued into 2017 every Thursday. Gemma Phillips stayed in her role until the end of Term 1, when she stepped down for Maternity Leave (and now has a beautiful girl called Riley weighing in at 8lb 4). Sandy Hitchens picked up the work in Term 2, having recently moved back to Christchurch after years of counselling children and young people in Nelson and Ashburton. I am unable to give many details about the counselling sessions, but some general comments...

- Generally the children are keen to come and have engaged well. This is helped by the variety of equipment and games that I bring with me to aid in communication with the child.
- As well as working with the child, there is also regular communication with the parents, not just updating but also finding ways to support them in their parenting and maybe helping them to see their child and the issues through a different lens. Often there is also communication with the classroom teacher.
- Parents have commented that they appreciate the level of communication that they are receiving. One parent recently gave positive feedback that through the suggestions that I had for them and the work that I have been doing with their child they have noticed a significant improvement with their child.
- A student told me that they have noticed their anxiety is not as much of an issue for them since we started counselling. Another student said that things have improved for them since they have been using some of the strategies that we had been discussing.
- Looking ahead to next term, I would like to continue to get to know the staff and find ways that I can support them in their roles and generally in the school. At a later date, I could potentially offer some professional development around children's emotions.



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