

## Mid-Year Counselling Report 2019

21 children have been counselled so far in 2019 with 11 of these on a current caseload.

There are 9 on a waitlist.

Issues covered in recent counselling sessions:

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

The counselling programme at Rawhiti Primary School has been running since the beginning of Term 1 2017. Currently this takes place on every Wednesday of the school term. Referrals are made through the Senco and includes requests from staff and parents. Term 4 last year saw three parenting seminars offered at school which were well received and attended. Many parents lingered afterwards to ask more specific questions relevant to their situations.

- Several teachers from school have been attending courses that I have been facilitating in the evenings as professional development. There has been positive feedback on the difference this is making as they support many children with difficult needs and behaviours. One teacher commented that through the courses it has helped her to stay more calm in her interactions with students when they are struggling with managing their emotions.
- During the counselling the children have responded positively and are generally keen to come to sessions and engage well.

### Feedback

- One parent commented that they were grateful for the support and that they now have got their child back into the child role and themselves in the parent role.
- One child commented that since the counselling they are no longer suffering from regular nightmares.
- Another parent was grateful for the help which has enabled their anxious child to now get into school more easily in the mornings.
- A child has said that through having counselling it has helped them to be able to cope with things that happen at home



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