

Provision of Counselling and Therapy Services Policy

Isle of Wight Youth Trust Provision of Counselling and Therapy Services

- 1.1 The Isle of Wight Youth Trust (also referred to as Youth Trust or IOWYT) is an independent charity that provides open access counselling and therapy services for Children and Young People aged 4-25 and their families.
- 1.2 Children and young people can self-refer or be referred through a number of routes including, but not exclusively - GP's, Schools, Parents and other Youth Providers. When accepting referrals from parents and other organisations or professionals, we ensure that young people are aware that their use of the service is voluntary.
- 1.3 The Youth Trust is an early intervention service which helps young people to address difficulties before they escalate into more serious mental disorders. Just because a child or young person is referred or self-refers does not mean the Youth Trust is the most appropriate service available, therefore following initial screening and consultation they may be signposted to a more appropriate agency.
- 1.4 Where our assessment identifies that it not possible to support the young people and their families due to complexity or severity of the presenting issues, we will work in partnership with other agencies and statutory services adopting a multiagency approach; refer or signpost for appropriate support or where this is not possible; advocate on behalf of the young person with the aim to secure support for them.
- 1.5 Our counsellors undertake an initial assessment with the client, and if 1-1 counselling or group therapy work is agreed to be the most appropriate service the child or young person will be offered support at the youth Trust – this is provided free of charge.
- 1.6 We do not have a limit on the number of sessions for young people up to the age of 18, but the majority of young people we work with usually have 12 sessions or less. We will only provide more than 12 sessions if deemed appropriate for work to be continued and funding is available. This is based on individual client need and usually working in partnership with statutory services for longer term trauma work that would be detrimental to cease. We are currently only able to offer 18-25 year olds, a maximum of 12 sessions due to funding limitations.
- 1.7 There may potentially be situations where there is no organisation that can support particular clients, but that does not necessarily mean that the Youth Trust changes its policy, ethos or works outside its level of competency.
- 1.8 Through the counselling process, complexities and more serious issues can present at a later stage in the process, in these situations the Youth Trust will refer the young person to more appropriate support such as CAMHS or AMHS. During this process we will continue to provide counselling to the young person whilst working collaboratively with statutory and other services to enable them to access and transition to the most appropriate mental health support.
- 1.9 The Youth Trust has grown out of a social developmental approach to mental health, it is not a crisis or diagnostic service and does not work to a medical model (*unlike Child and Adult Mental Health Services*). The BACP code of ethics underpins all work undertaken at the Youth Trust and should inform thinking around client work. Our service is confidential, unless a safeguarding risk disclosed and requires voluntary participation from the young people.

<https://www.bacp.co.uk/media/3103/bacp-ethical-framework-for-the-counselling-professions-2018.pdf>
- 1.10 Counselling and Psychotherapy work best when there is a flexible approach to the work, every child and young person is different and therefore, require different things from therapy. Therapy is a process. Short term works for some and not for others. Complexity, severity and client choice inform the work that we do here at the Youth Trust as we are client needs led.

- 1.11 The Youth Trust's counselling service only engages with fully qualified or suitably experienced counsellors undertaking recognised training, who are also members of a professional body such as BACP. Those clients deemed unsuitable for the support that is offered by the Youth Trust are referred onto more appropriate agencies.

The purpose of this policy is for the Isle of Wight Youth Trust to clarify its remit and nature of the counselling and therapy service offered.

This policy does not sit in isolation and should be considered alongside our other policies:

- Safeguarding children and vulnerable adults' policies
- Clinical Risk Management Policy
- Confidentiality Policy
- Ethical Policy
- Equality and Diversity Policy
- Health & Safety Policy
- Clinical Care Pathway (Appendix a)

The range of therapies:

- 2.1 Counselling and psychotherapy fall under the umbrella term 'talking therapies' and allows people to discuss their problems and any difficult feelings they encounter in a safe, confidential environment. The term can mean different things to different people, but in general, it is a process people seek when they want to change something in their lives, or simply explore their thoughts and feelings in more depth. Art therapy is a form of psychotherapy that uses art media as its main mode of expression and communication. Outdoor therapy utilises the natural environment as a space to work in.

- 2.2 There are a range of therapies that our counsellors are qualified in and trained to deliver informed by assessment, client need and counsellor training to include:

- Cognitive Behavioural Therapy (CBT)
- Psychodynamic Therapies - including Dynamic Interpersonal Therapy
- Humanistic therapies - including Existential Therapy, Gestalt Therapy, Human Givens Therapy, Person-Centred Therapy, Solution-focused Therapy and Transactional Analysis
- Arts Therapies – to include the use of paint, clay, drama, music and sand play therapy.

Other therapies may be offered including – Play and Family Therapy, Group Therapy, Integrative Counselling, Mindfulness and Ecotherapy.

- 2.3 Through our relationship with the Anna Freud Centre, we also provide **Evidenced-based Psychological Therapies** which can be incorporated as part of an CYP Improving Access to Psychological Therapies (IAPT) programme. <https://www.annafreud.org/transforming-the-workforce/cyp-mh-workforce-development/what-was-cyp-iapt/>

3.1 The Youth Trust counselling service can support children and young people presenting with a range of issues such as:

Abortion	Bullying	Low Self-Esteem
Abuse	Depression	Miscarriage
ADHD	Disabilities	Redundancy
Anger Management	Disordered Eating	Relationship Problems
Anxiety	Dissociation	Self-Harm
Attachment issues	Gender Dysphoria	Sexuality
Autism	Hearing voices	Spirituality
Behaviour problems	Infertility	Stress
Bereavement	Loneliness	Substance Misuse
Body image issues	Low Self Confidence	Suicidal thoughts
		Trauma

3.2 The Youth Trust does not replace statutory Mental Health Services such as CAMHS or AMHS, we will refer children and young people presenting with complex or significant mental health problems or disorders, such as below, to appropriate specialist support:

- Addictions – gambling, smoking, internet, sex addictions and severe substance misuse
- Development Disorders (ASD, ADHD), with a severe co-morbid mental health presentation.
- Dissociative Disorders
- Eating Disorders
- Mood Disorders - severe and long-term anxiety or depression
- Obsessive-compulsive disorder
- Paranoia linked to Schizophrenia, Emotionally Unstable Personality Disorder, Delusional Disorder & Psychosis
- Personality Disorders
- Psychosis/Psychotic Disorders
- Relationship counselling (partners)
- Severe Conduct Disorder
- Severe Phobia
- Severe Self-harm – (this may include suicide attempts)
- Severe trauma or Post-traumatic Stress Disorder
- Sex problems requiring Psychosexual Therapy
- Sexual Health requiring specialist services
- Significant mental health problems
- Specialist Adoption
- Suicidal intent – where plans and intent are present (Client's in Crisis)

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Appendix a - Isle of Wight Youth Trust Care Pathway

