

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)



Policy Title	Provision of Counselling and Therapy services policy
Policy number	008a
Last Updated	September 2024
Next Scheduled Update Due	September 2025



Appendix a - Isle of Wight Youth Trust Care Pathway

Client is referred to IOWYT for counselling by a GP, Health Care or Educational Professional, parent/carer, peer, other or self-referral

Client is under 13 or not Gillick competent

Client is 13 or over and is Gillick competent

Obtain parental /carer consent

Following referral all potential clients undertake an initial assessment from an experienced Counsellor to ascertain the most effective and relevant care pathway. The assessment is child centred and the support offered is discussed and agreed with the client (or parents/carers where required). The needs of the client and support provided is continually assessed with them throughout their engagement. Clients are risk assessed and asked what other services they are working with. We seek permission to contact those services if needed in order to facilitate a joint approach to working. If during initial assessment the client is not deemed to be Gillick competent parental/carer consent will be obtained. All clients (parents/carers where required) sign a consent form and have a choice of appointment time.

Client assessed as suitable for IOWYT Counselling support and is matched with a counsellor. If returning the client is given the choice of the same or different counsellor.

The number of sessions required will have been indicated at assessment and will be continually reviewed with the client based on need and progress.

The clients and counsellors will work together to reach a point where the issues presented are wholly or partially resolved and no further service If the client is assessed as beyond the threshold for IOWYT Counselling support due to complexity or severity of the presenting issues and requires a service outside of the Youth Trust, the client is either referred back to the professional who referred them in the first place e.g. GP, Social Worker, with a recommendation that they should be referred to another organisation or directly referred by the Youth Trust to an alternative or more appropriate service such as CAMHS or AMHS.



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.

In all cases clinical notes are held on IAPTUS following confidentiality and GDPR policies and outcomes reports are provided to the clients GP.



The client is advised that they can re -contact the Youth Trust at a future time (not less than 6 months) for support and is given contact details.