

Privacy and Data Protection

Under data protection we are committed to guarding the privacy and protecting the personal information that students or parents provide to us.

As part of the college, our counselling service is offered within the full remit of our college's policies which are available on our website.

"One of the deepest longings of the soul is to be seen".

John O'Donohue



**ST THOMAS MORE
LANGUAGE COLLEGE**

Cadogan Street
Chelsea
London SW3 2QS

Tel - 0207 5899734
Fax - 0207 8237868

stmhc.co.uk

info@stm.rbkc.sch.uk

Our School Counsellor

Sharon Jewell, our school counsellor, is a member of the British Association of Counselling and Psychotherapy (BACP), Health Professionals Council (HPC).



She is an experienced and qualified drama therapist and youth worker with a particular interest in inter-generational trauma and compassion-focused mindfulness. As a disabled person herself she is passionate about creating equality for all.

*Leaflet design in collaboration with
Ventsislav Lyubomirov*



**ST THOMAS MORE
LANGUAGE COLLEGE**



Counselling Service

*"Be positive, gentle and kind to
yourself and others"*

Dr T Papworth

What is counselling and how does our counsellor work.

Counselling in school offers a safe space for students to express and explore thoughts and feelings which sometimes block their ability to learn, grow, regulate their emotions, and feel positive about who they are in the world.



Our counsellor works in a person-centered, creative way using art, play, sand-tray as well as talking therapy to help students build resilience and confidence so they are more able to reach their potential and make the changes in their lives.

Our counselling service is offered to all year groups and is available 5 days a week during term time. Sessions are usually on a weekly basis and last for an hour. Times will vary so students do not miss their lessons.

*“Your feelings are valid.
You have every right to feel
what emotion you want.
You are not being dramatic.
You are not over exaggerating.
You are feeling.
And that’s okay”.*

How to make a referral

Referrals can be made through a member of our Inclusion Team, From Tutor or students can self-refer by contacting Sharon on her school email: sjewell3.207@stmlc.co.uk

Remote Sessions:

Sessions are also available through google meet when students are not in school.

First Session/Assessment

After referral, our counselor will meet the student and do some assessment activities which will help assess the student’s wellbeing and where they are particularly struggling. Sometimes our counsellor may suggest a referral to another service either within or outside of school or a student may decide they do not want to attend counselling as counselling within school is voluntary.

Confidentiality

Confidentiality is a very important aspect within counselling and our counsellor will keep private what is said in the counselling sessions except in circumstances where there may be a legal requirement to disclose or if the counsellor feels the student or others are at risk of significant harm. In such cases our counsellor would always aim to discuss this with the student first and work within the college’s safeguarding procedure.