

What happens if a staff member thinks my child would benefit from working with Dianne?

The staff member will submit a referral to your child's Principal Teacher. The Principal Teacher will then contact you to let you know, and for you to give us permission* to pass the referral on to Dianne.

You do not have to give permission for your child to see Dianne however, she has wealth of experience in supporting young people to develop skills and strategies to support their emotional wellbeing and mental health. Please be assured that if any information was brought to her attention that caused concern, this will be passed on to the relevant people.

Dianne will then set up an initial meeting with pupil and inform the Principal Teacher if a block of sessions will be needed.

Similarly, if you think your child would benefit from working with Dianne then please contact your child's Principal Teacher.

**For some pupils over 16, they will be asked whether or not they wish us to seek parental/carer permission.*

*If you have any questions at all about the school counselling service then please contact your child's Principal Teacher or email Miss Procek
shelley.procek@falkirk.gov.uk*



School Counselling Service

Parent Information

Dianne Collins
Children and Young Person's Counsellor

"I started my career training to become a learning disabilities nurse, working in the community for many years before joining Barnardo's. This is where my passion began for working in a systemic way to support children, supporting their families develop routines and boundaries that are prioritised around their children's needs, keeping them safe and feeling nurtured.

I worked therapeutically with children that had been removed from their parent's care and knew I wanted to develop my knowledge and understanding through the counselling process. I eventually completed a degree in Intellectual disabilities before undertaking my diploma in counselling, completing 400 adult hours before embarking on a further post qualifying qualification Counselling Children and Young People.

I currently work in Bo'ness Academy 2 days a week, having volunteered previously as a young person's counsellor for 3 years. I am registered with COSCA and work within COSCA'S code of ethics. I also work as a helpline Supervisor with Scotland's National service, ParentLine which is with Children 1st.

School counselling is a professional activity delivered by qualified practitioners in schools. Counsellors offer distressed young people an opportunity to talk about their difficulties with a trusted adult, within a relationship of agreed confidentiality.

Recent research has provided evidence of the effectiveness of school-based counselling in reducing psychological distress in young people Children, young people and school staff find it non-stigmatising, accessible and helpful.

Secondary school pupils have reported that attending school-based counselling has positively impacted on their studying and learning. School management have reported perceived improvements in attainment, attendance and behaviour of young people who have accessed school-based counselling services.

Early and easy access to counselling in schools can prevent mental health problems developing or becoming more serious. It can also build up trust and confidence to enable young people to access more specialist services if required.

School-based counselling can be used as an effective support system for existing Child and Adolescent Mental Health Services (CAMHS)."

Carrongrange High School

This year we have welcomed Dianne Collins, School Counsellor, to our staff. Diane has lots of experience in supporting young people in a variety of areas (including):

parental separation	self-harm
abuse in family	low self esteem
issues of identity	sexuality/gender issues
low mood	anxiety/stress
neglect	bereavement/loss
living in care	isolation and loneliness
bullying	low resilience
attachment issues	young carer
struggling in school	

Dianne is in school every Monday and staff are able to refer pupils that they think may benefit from working with Dianne.