



School Counselling Service

Who am I?

My name is **Joe Douglas**, and I am the **School Counsellor** for St Thomas of Aquin's and associated primary schools. It is my role to support the mental health and wellbeing of students by providing counselling to pupils aged 10-18 who struggle with a broad range of difficulty. Examples include; depression, anxiety, bereavement, trauma, exam stress, relationship difficulty, self-harming behaviour, bullying, gender orientation and others. I have previous experience working and volunteering within several mental health charities across Edinburgh and North-East England and have operated within roles across primary schools, high schools, NHS as well as a residential childcare facility.



Qualifications

- BSc (Hons) Psychology- (**Northumbria University**- BPS accredited)
- Postgraduate Certificate in Counselling and Psychotherapy (**University of Edinburgh**- COSCA validated)
- Postgraduate Diploma in Counselling and Psychotherapy (**University of Edinburgh**- COSCA validated)
- Post-qualifying Diploma in Counselling Children and Young People (**Essential Training Associates**- BACP Accredited)



What do I need to know about Counselling?

As a counsellor, I'll aim to provide a safe space for the students to explore any emotional difficulty they may be experiencing, aiming to reduce distress through increased self-awareness. We would see each other on the same day at the same time each week, for 6-12 sessions, with the option to extend if the need was there. In some cases, there is the offer for St Thomas' pupils to work with our counselling placement student, someone who will be gaining their hours and experience for qualification through their placement at St Thomas' and who offer a very important service through their time with us.

My role does not consist of advice giving or problem solving. My aim would be to support the student to develop their own sense of autonomy and resilience to cope with life's challenges. At the centre of our work together would be building a warm and trusting relationship based on non-judgement and empathic understanding. As part of this, confidentiality is very important, meaning I will not be able to share with anyone what is discussed in sessions without the student's permission, unless I felt they were in harm to themselves or someone else. At the student's request, I can share information on their behalf that may be useful for their families and staff within school to know.

Who do I speak to about this?

If you wish to find out more information, please feel free to get in touch with the school who will put you in touch with myself. Alternatively, you can use the QR code to the right to submit a referral or ask your child to submit a self-referral. Thank you for reading!



School Counselling Self-Referral
Form for St Thomas of Aquin's
High School



Joe Douglas. School Counsellor for St Thomas of Aquin's (Monday-Thursday) and associated primaries (Wednesday mornings)