

## **COUNSELLING AGREEMENT FOR PARENTS OR GUARDIANS**

My name is Lorraine Cox, and I am a qualified and experienced counsellor. I offer a safe, confidential space to young people where they can talk openly, at their own pace, about whatever may be troubling them. My role is to listen without judgment, and to support them in making sense of their thoughts and feelings.

We all go through times when life feels overwhelming, and young people are no exception. Counselling can be just as helpful for them as it is for adults. With the right support, young people have a greater chance of reaching their potential, emotionally, socially, and academically.

Choosing counselling does **not** mean anyone has failed. In fact, many young people find it easier to speak to someone outside of their family — not because they don't love or trust you, but because they may not want to worry you, or they need space to figure things out with someone neutral.

### **Confidentiality**

A key part of counselling is confidentiality. This means what the young person shares in sessions is private and will not be discussed with anyone else, including parents or guardians, unless it is a safeguarding issue.

I understand this may feel difficult, and it's natural to be curious or concerned about what is shared. However, confidentiality is essential in building the trust a young person needs to speak freely and benefit fully from the counselling process.

Confidentiality may be broken **only** in the following circumstances:

- The young person asks for information to be shared and we agree this is in their best interest.
- As part of my professional supervision (required to ensure safe and ethical practice), no names or identifying details are shared and notes destroyed afterwards.
- If I believe the young person is at risk of serious harm, or may harm others.
- In cases involving child protection concerns or a care order, where involvement in case conferences may be appropriate (with the young person's permission).
- If I believe a young person is at risk of significant harm, I may need to seek support from other professionals or agencies. If appropriate, you will be informed.

### **Supporting Your Young Person**

Experience shows that young people benefit most when parents are accepting and supportive of counselling. Showing interest is helpful, but it's also important not to pressure your child to talk about sessions, if they prefer not to.

All records are kept to a minimum and stored securely, in line with professional standards. Information shared in sessions remains the property of 1 To 1 Counselling.

### **Cancellation Policy**

If your young person is unable to attend a session, please let me know as soon as possible by phone. I ask for a minimum of 48 hours' notice, late cancellations may be charged at the full session rate.

## Complaints

I work within the **British Association for Counselling and Psychotherapy (BACP)** Ethical Framework. If you or your child have any concerns, I encourage you to speak with me directly in the first instance.

If needed, BACP contact details can be found on the [1 To 1 Counselling website](#).

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Your signature below confirms that you have read and agreed to the terms above, particularly regarding confidentiality and cancellation:

**Name:** ..... (*Parent/Guardian*)

**Signature:** .....

**Date:** .....

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## Privacy & General Data Protection Regulations (GDPR) Policy

### Secure Storage:

All personal data is stored securely and confidentially, and used ethically in line with the EU GDPR (May 2018). It will not be shared without consent, except in circumstances involving serious risk or harm (as outlined above).

### Your Rights Include:

- **Right to Access:** You may request a copy of your personal data (free of charge).
- **Right to Rectification:** You may request corrections to inaccurate or outdated information.
- **Right to Erasure (“Right to be Forgotten”):** You may request deletion of your data, unless it is required for legal or safeguarding reasons.
- **Data Portability:** You may request a copy of your personal data in a transferable format.

For GDPR purposes, the **data controller** is 1 To 1 Counselling.

If you are happy with the way your personal information is collected, stored, and used, please sign below to indicate your consent.

**Name:** ..... (*Parent/Guardian*)

**Signature:** .....

**Date:** .....