

The Role of the Counsellor:

Prescott College Southern is fortunate enough to provide the services of a Counsellor for the primary and secondary school. These services are to provide both group and individual support for students seeking guidance or a listening ear. The counsellor is available to deal with numerous issues, including: friendship, bullying, anxiety, anger management, perfectionism, social skills, peer pressure, resiliency and self-esteem issues. positive pro-social development is encouraged through programs such as: Peer Mediation, SRC, Peer Support and leadership days. The counsellor is also available to provide support for gifted and talented students where required.

As a counsellor, I have gained extra post graduate training in addition to my teaching qualifications. I am not trained psychologists and therefore when the services required exceed what we can provide external support will be recommended. This may include issues related to self harm, eating disorders and significant mental health needs. The school is happy to work to support the recommendations from external agencies. I am happy to discuss any concerns confidentially with you.

The number of groups offered will be run based on the surveyed responses. The timetable and expression of interest form is attached. Please return a.s.a.p. The programs on offer this year include:

What's the Buzz: A positive 15 week social skills program aimed at middle and upper primary students to improve their self- management, friendship, self-esteem, anger management, anxiety, resiliency and organisational skills. This small group meets once a week over two terms.

Seasons For Growth: A grief and loss program where the students share their stories and work on a program booklet to help them deal with change. This may include the death of a family member or family separation.

Anger Management: Providing the support and skills to overcome the issues of anger. This includes: recognising triggers, evaluating choices and implementing strategies that work for the individual. It is important for students to recognise the impact that anger has on their lives and how it affects their relationships.

Take Action: This course runs through a series of lessons aimed to reduced anxiety and improve resiliency. Produced by psychologists this workbook encourages a cognitive behaviour approach to reduce the prevalence of anxiety. The ability to bounce back from challenging situations is difficult for those students who lack confidence or have a tendency to indulge in negative thinking. They may get overwhelmed easily and need some strategies to make positive changes. This course is aimed at helping students identify triggers, balance issues, take positive action, set goals and bounce back from set backs. The course involves recognising our anxiety triggers, anxiety responses (physical and emotional) and learning strategies to manage our anxiety levels. Suitable for years 3-6 due to the literacy component involved.

Individual Counselling: For those students seeking personal and individual support the Counsellor is available to see you on a one-one basis.

2017- Counselling Request Form

Counselling Program	Term(s) offered:	Student's name and class
1. What's the Buzz	Term 1&2 Term 3&4	
2. Seasons For Growth Grief/ loss and change	Term 2&3	
3. Anxiety/ Resiliency (Take Action workbook)	Term 1/2 (Year 3-6)	
4. Anxiety/ Resiliency (Take Action workbook)	Term 3/4 (Year 3-6)	
5. Anger Management	Term 3 Term 4	
6. Gifted and Talented	Term 2	
7. Individual Counselling	All terms	

Comments:

The primary school counsellor is available for individual counselling on Wednesdays and Thursdays (weeks 2-9) and can be contacted through the office reception.

Please return this form by week 4 to assist us in forming the groups required.

Yours faithfully,

Mrs Kathryn Drillis
Primary School Counsellor