



CASY
Counselling &
Workshop Information
Pack

Registered Charity Number 1092938

A Company Limited by Guarantee in England and Wales. Registered number 4310724

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About Us

CAS Y (Counselling and Support for Young People) is a registered charity created to ensure that the children and young people of Nottinghamshire and Lincolnshire have the best possible emotional and mental health.

We have been supporting children and young people for over 16 years by offering a confidential counselling service and by the delivery of training to support those who work with them.

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Counselling: Children & Young People

What is Counselling?

'Counselling and psychotherapy are umbrella terms that cover a range of talking therapies. They are delivered by trained practitioners who work with people over a short or long term to help them bring about effective change or enhance their wellbeing.'

(British Association for Counselling and Psychotherapy)

Working with the Client

Our counselling service enables children and young people to deal with and overcome issues that are causing them pain or making them feel uncomfortable. It provides a safe and regular space for them to talk and explore difficult feelings. Counselling builds a safe and trusted environment in which the client can understand themselves and their problems better and develop coping strategies that will aid them throughout life.

Working within Schools

We have been working within schools for over 16 years, providing counsellors on contract to help support the emotional wellbeing of students.

We maintain regular contact with the school and provide feedback at regular intervals during the contract. We can identify potential trends in presenting issues and suggest preventative workshops, working with the school to improve emotional health of the young people.

What CASY Can Offer

We can put together a tailored package of support to suit the individual needs of each school. All CASY counsellors undergo:

- Full DBS Check
- Safeguarding Training
- Monthly Clinical Supervision in line with BACP code of ethics
- Bi Monthly Peer Supervision
- 6 monthly performance management of volunteer Counsellors
- Bespoke Training for continued professional development

Additionally we can provide support within 24 hours and, if necessary, for reasons such as illness or sick leave we can supply a replacement counsellor.

Counsellor Placement Costs

The counsellor placement costs are based on the full 38 week school year and can be started at any time. Each counsellor typically works a three or five hour day.

Counselling hours per week	Cost	Cost per hour	Typical number of counsellors
3	£2,850	£25.00	1
5	£4,750	£25.00	1
6	£5,700	£25.00	2
8	£6,840	£22.50	2
9	£7,695	£22.50	3
10	£8,550	£22.50	2
11	£9,405	£22.50	3
12	£10,260	£22.50	4
13	£11,115	£22.50	3
15	£11,400	£20.00	3
18	£13,680	£20.00	4
20	£15,200	£20.00	4

Bespoke Service

We also offer a bespoke service which is billed per client. This is charged for an initial 6 sessions at £165 and then at £27-50 per session after that.

Evaluation Packs

As part of our commitment to our venues and our clients we collate evidence of our work and provide you with a pack at the end of the school year with this information.

This provides:

- Statistical information
 - How many counselling sessions were attended and how many clients were seen
 - Presenting and secondary issues that clients worked with in counselling
 - Age and gender and relationship status.
- Feedback from assessments.
 - During the process the client completes three self-assessments that rate the 10 main areas of the client’s life. This information produces a star graph which shows the areas that the client has improved in through the process of counselling. For every client that finishes the process we provide you with the star graph. The graphs are not named so all information is kept confidential and therefore may be used for Ofsted or future funding potential.



Testimonials

What our clients say about us

"The Counsellor was very easy to talk to and encouraged me to talk; it was nice to feel I had someone special to talk to and not feel pressurised"

"It has been of such value to me, I have been able to rebuild my life and learnt the true value of it... if this service only helps one more person like me it's a worthwhile cause, thank you for taking the time to listen"

"I think it has improved my life and has helped me on what to do when I get upset or offended"

What Schools Say About Us

"I am writing to say what a truly valuable service CASY provides for the needs of our students. The students find the sessions very beneficial where issues can be explored in confidence."

"CASY provide a vital service to our school. Students who have accessed the service have shown an increase in their confidence, self-esteem and most importantly their ability to cope with very difficult life situations."

"The CASY counselling service has proved very useful for the children in our school. They have enjoyed the one-to-one time with someone who is there to support them, without feeling intimidated."

Primary School Support Package

The primary schools support package is a five hour per week contract, delivered on one specific day, throughout the 38 weeks of the year.

This contract provides a qualified and experienced counsellor within the school to provide counselling and group support work to effectively manage the emotional health needs of the school.

The counsellor will adopt a supportive role engaging with staff to ensure the best possible emotional health for the students. The five hours of the contract is split between counselling support and group workshops and allows the flexibility to prioritise the needs of the school. This package typically includes:

1-to-1 Counselling support for ages 6 and up that enables children and young people to deal with and overcome issues that are causing them pain or making them feel uncomfortable.

Workshops for students:

The Healthy Living Game - this is a creative way of combining the skills of listening and communicating in a floor game activity that focuses on health, knowledge, making choices, keeping safe and emotions. This workshop takes around 30 minutes and would be delivered to all students in years 5 & 6, in groups of ten.

The Drama Group - this group explores emotional health issues, focusing on feelings, through the use of drama. It is delivered over four 50-minute sessions to a maximum of 15 students from years 5 & 6.

Nurture Group - the aim of these groups is to help participants understand themselves and others better through the use of fun activities designed to build good self-esteem. It is delivered over six 50-minute sessions to a maximum of 6 students from years 5 & 6.

Workshops for school staff

What is Counselling – an introductory 50 minute workshop for teachers and teaching staff that provides an overview of counselling and aims to increase understanding of the process.

Talks for Parents and Carers

Parent talks – the package also includes two parent talks aimed at increasing parents' understanding of emotional health in young people and the role counselling can play in supporting them.

Drop in Space – this is an informal drop in space available for young people to meet the counsellor and access more immediate support.

The package of support to primary schools is organised and delivered around the specific needs of each school. The counsellor will liaise closely with the school to deliver a flexible programme of emotional support. Regular feedback will be provided and you will be given an end of year evaluation pack covering all activities delivered within the year.

The cost of the package for the 38 weeks is £4,750.

Counselling: School Staff and other Professionals

What We Offer

In addition to supporting young people within schools and other venues we can also support school staff and other professionals who work with them. At CASY we believe that the support provided to a young person's emotional health needs to adopt a holistic approach ensuring that the adults around a young person are supported and have their skills developed.

The counselling service we provide to school staff and other professionals can be delivered in the school or from our main office in Newark or from one of our community venues. It adopts the same principles as our counselling service for young people in that it is strictly confidential and provides a place of trust in which to explore issues of concern and help develop coping strategies.

Costs

The cost of this counselling service is £25 per hour, booked as an initial block of six sessions at £150. Each subsequent session, if needed, is then charged at the £25 per hour rate.

Support Groups

Staff support groups are monthly hour long sessions for a small number of staff, ideally 4 – 6 people. The group is a safe space, led by a counsellor, to explore together issues and concerns and the impact they have on the workplace. The cost of the support group is £75 per session for up to six people.

Workshops & Talks

We run a range of workshops and talks aimed at improving the skills and understanding of emotional health issues. These can focus on the development of the skills in understanding the issues affecting young people or they can focus on developing the resilience of people working with young people. More information about the types of workshop and talk we can offer can be found in the training section of this pack.

Parent Talks, Groups & Counselling

CASY's ethos of a holistic approach to support for children and young people extends to supporting their parents and carers. We, therefore, offer a range of services aimed at supporting this group in helping to understand their children and the people they care for; and aimed at supporting them and their own emotional health and wellbeing.

Counselling for Parents & Carers

The counselling service we offer to parents and carers is only open to parents and carers where we are already supporting their child, or the person they care for. The sessions can take place at our Newark office or in one of our community venues.

Costs

The cost for the counselling service to parents and carers is income dependent and ranges from £5 per hour to £20 per hour.

Workshops & Talks

We run a range of talks and workshops for parents and carers, aimed at:

- Supporting the parent, or carer, with their own personal development and emotional resilience
- Increasing their understanding of emotional health issues that may be affecting their children or those they care for.

More information about the types of workshop and talk we can offer can be found in the training section of this pack.

Workshops & Talks

Workshops for Young People, Staff, Professionals and Counsellors

All workshops can be tailored to meet the training needs and desired outcomes of young people, school staff, health professionals and support staff.

Workshops aimed at school staff and other professionals

Course	Description
What is counselling?	An overview of counselling aimed at reducing stigma frequently attached to emotional health issues and to promote counselling as a positive way forward in resolving difficult issues that arise in people's lives.
Listen 'ear	A half or full day workshop encouraging participants to develop the skills needed in any 'helping situation'.
Working with imagination using imaging	This is a full day workshop covering the potential use of team work to create new ideas to take back into the classroom/ work environment.
Working with Art	The workshop enables participants to make visual images from the sub-conscious to the conscious mind, enabling valuable insight and self-awareness.
Introduction to Transactional Analysis	This course consists of three 4-hour workshops: Workshop 1: What is Transactional Analysis (TA) - TA is a model for understanding human behaviour, communication and relationships, originally developed in the 1950's by Eric Berne. Workshop 2: Application - This workshop will examine the way we relate to others, how relationships develop and adapt within the cultural context. Workshop 3: Approach in the classroom - This workshop will look at the parent (carer)/pupil/staff relationship in the learning environment.
Counselling Concepts	This course is run over 10 weeks and will build knowledge and understanding of the basic skills of counselling, learning how to use creative techniques which can then be transferred to the class room curriculum.
Self-Harm	This workshop aims to increase your understanding about this much reported issue.

Attachment	This workshop provides a brief overview of attachment theory, explore attachment styles and identify your style and what the implications are.
Working with difference	The way we handle difference teaches us about ourselves and the way we interact with others.
Mindfulness and Self-care	This workshop teaches you how to look after yourself with mindfulness.
Working with dreams	Every dream has many layers. They need looking at from different angles until their meanings reveal themselves.
Bereavement and loss	A course to increase self-awareness of the impact of bereavement and understand its effects.
Eating Disorders	This course will look at the different types of eating disorders, the cause and effect in different young people.
Working Creatively with Anger	This course looks at the health implications of not expressing anger and explores ways to work creatively with your anger.
Neuro Linguistic Programming (N.L.P.)	This workshop introduces the principles of NLP and explores its use in education.
Stress Busters	Opportunity to learn the arts of: the faulty threat appraisal, the worrier Warrior and others.
Assertiveness	This workshop provides an understanding of assertiveness and develops the individual's skills in being assertive.
Handling Conflict	Overview of the four basic ways of handling conflict and develop skills involved in successful negotiation to reduce the risk of conflict.

Workshops aimed at children and young people

Course	Description
The Healthy Living Game	This is a creative way of combining the skills of listening and communicating in a floor game activity that focuses on health, knowledge, making choices, keeping safe and emotions.
Emotional Health and Wellbeing	This course explores emotional health issues, focusing on feelings, through the use of drama.
Nurture groups	The aim of these groups is to help participants understand themselves and others better through the use of fun activities designed to build good self-esteem.
Stress busting for improved exam results	A workshop for young people to explore coping strategies for reducing stress and anxiety around exam periods.

Workshops & talks aimed at parents and carers

Course	Description
What is Counselling	An overview of the counselling process aimed at parents and carers to help them understand how it might benefit their children and those they care for.
Self-harm	This talk provides parents and carers with awareness about self-harm and the impact it can have on a young person, and those around them.
Social Media	This talk explores the role, influence and importance that social media can have on a young person's life.
Resilience workshops for parents	This is a workshop aimed at supporting parents with personal development and emotional wellbeing. It includes topics such as: self-confidence, self-esteem and improved relationships.

Conferences

We can facilitate conferences for school staff with a range of workshop choices tailored to your needs. These are designed to provide school staff with knowledge and skills to take back to their classes to help them understand the emotional difficulties experienced by children and young people.

For more information about the conferences we can offer please contact:

Frankie Musgrove Director of Training:

T: 01636 704 620 E: f.musgrove@casy.org.uk

Conference Feedback

"It helped me develop new strategies to take back to my school"

"The discussions, group work and the resources and information given out I found really helpful and interesting"

"I gained so many useful tools and tips for personal use and in the school setting"

"Good practical experience. I really enjoyed the day"

"We were extremely pleased with the success of the conference and are delighted with the effort put in by CAS Y"



Contact Us

For further information or to discuss how we can help your organisation please contact us:

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BACP organisational member no: 120517. As an organisational member of the BACP we are bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy and are subject to the Professional Conduct Procedure for the time being in force.

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