



**Winchester Youth
Counselling**

Information for parents following session 1



What you need to know about Walk & Talk at WYC

-  Walk & Talk is tailored carefully to your child or young person.
-  It is confidential unless there are safeguarding issues.
-  Progress is reviewed every six weeks.
-  The number of sessions is decided collaboratively by your child or young person and their counsellor.
-  Young people often have strong feelings towards their counsellor. These can be positive or negative. As we do not usually agree to switching counsellors, for therapeutic reasons, do encourage them to discuss their thoughts and feelings openly with their counsellor.

Find out more

  WinchesterYouthCounselling

 01962 820 444

 admin@winchyc.org

 www.winchyc.org





**Winchester Youth
Counselling**

**"Counselling has improved
my mental health and made
me a happier person"**

How you can help



- Respect the confidentiality of the Walk & Talk process. We would suggest that you do not walk in the same area as your child or young person, stay in your car or get a coffee from somewhere else to ensure that the session is not affected by giving them time and space.
- We would also ask that you endeavour to arrive on time for your child's/young person's session. Please do not arrive too early to ensure confidentiality.
- Your child or young person may wish to share what they have discussed with you (which of course they can) but they may not want to either. In this case, it is best not to ask lots of questions. Just making sure they know you're there for them if they do want to talk is a great help in itself.
- Walk & Talk can be a tiring process. Ensuring your child has some space and time to rest and reflect after the session if they need to can be really useful.
- Counsellors will not routinely give updates, though may communicate occasionally with the consent of the child or young person.
- Updates from your side can be helpful, if not too frequent! A phone call or parent consultation can, on occasion, be arranged with a senior practitioner who is not directly involved in counselling if your child is happy about this.

Find out more

  WinchesterYouthCounselling

 01962 820 444

 admin@winchyc.org

 www.winchyc.org

