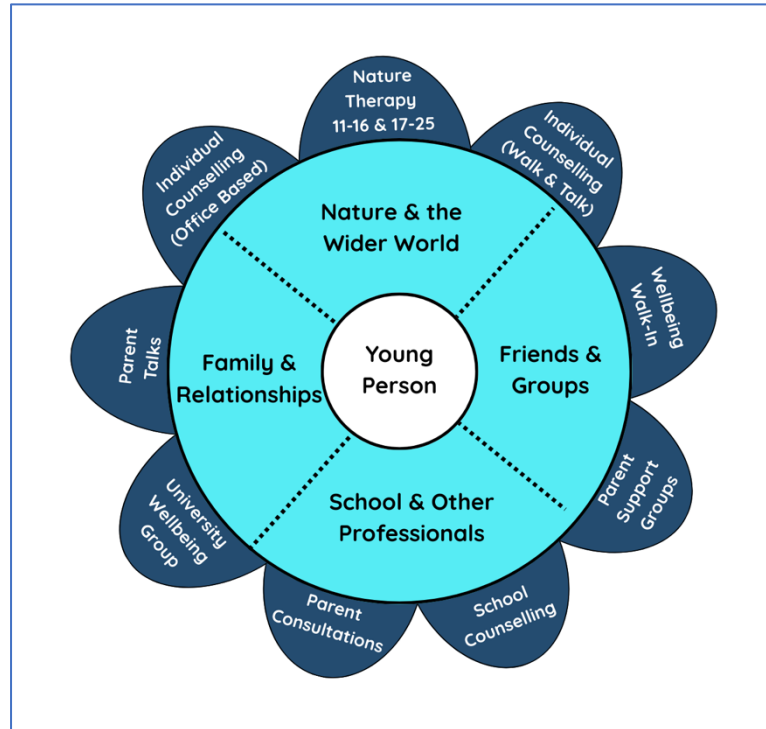


Winchester Youth Counselling Clinical Model

With over 20 years of experience, Winchester Youth Counselling (WYC) provides free, professional counselling and therapeutic support for young people aged 11–25 in the Winchester District. We are committed to offering a holistic, client-oriented, empathic, non-judgemental and inclusive service. Our counselling team offer a range of therapeutic interventions including face-to-face talking therapy, Walk & Talk therapy, Walk-in groups and Nature Therapy groups. We also support parents and carers, recognising their vital role. Our practices are reviewed and guided by an active Youth Board.



WYC's clinical model puts the young person at the centre, recognising the influence of many interconnected relationships. We believe that young people can benefit from a greater understanding of themselves, their life circumstances and their place in the natural world. We hope that our interventions will start young people off on a journey back to wellbeing, and will plant seeds of self-reliance, resilience and optimism that will continue to develop long after their time with us.

WYC counsellors are trained in a wide-range of therapeutic modalities, including Integrative, Psychodynamic, Person-centred and Gestalt therapy. They hold in common an approach that prioritises the therapeutic relationship and is also:

- Holistic and client-centred
- Flexible and tailored to individual need: 6 - 24 individual sessions are offered
- Trauma and attachment informed: using past history to understand the present
- Neuro-affirmative: recognizing and respecting neurodivergence
- Inclusive: respectful of all cultures, genders, sexualities, and learning differences

To ensure high ethical and professional standards, WYC ensures that:

- Confidentiality is respected within the therapeutic relationship, balanced by the obligation to protect young people and adults who may be at risk of harm
- Counselling and therapeutic support is conducted by qualified professionals or final-year trainees, who are all registered with a professional body such as the BACP
- Staff receive regular, high-quality supervision that meets or exceeds BACP requirements
- Staff are offered CPD opportunities and are encouraged to plan their own learning
- We make use of both qualitative feedback and outcome measures to guide development and track progress. The measures we use are CORE (Clinical Outcomes in Routine Evaluation) and WEMWBS (Warwick-Edinburgh Mental Wellbeing Scale)

Clinical Model summary written by Rose Milford with additions by Jill Guppy and Sue Lyons. It has been reviewed by the whole clinical team and the Youth Board.