

## Counselling & Therapy Services

B2A is the lead organisation delivering the Rapport Project providing counselling & therapy sessions.

Once a referral is made B2A staff undertake an initial assessment followed by a meeting with key professionals (and in most cases the family) to set goals/outcomes for the interventions. Individual targets are also set at a lower level for the children.

The charity reviews progress every six weeks (sessions are usually weekly during term-time) with the average amount of time spent with children being ten weeks. However 45% of children referred were seen for up to 20 sessions.

B2A staff provide feedback to key professionals and attend Common Assessment Framework (CAF) meetings as a part of the support mechanism around the child/family. Reports are also produced to evidence progress and feed into professional interventions. Children also complete their own on-going evaluations.

The counselling & therapy service continues to grow with a marked increase in the need to address behaviour/anger management. We are currently working with that have identified this as a specific area of need.

Below are examples of the extent and complexity of the issues children & young people face in their personal lives; the issues our qualified counselling staff address through our counselling & therapy services.

### Child A

Received counselling for angry behaviour displayed at school including physical/verbal aggression towards other pupils and teaching staff. This child, aged 8 years had witnessed on-going domestic violence in the family home. Their mother had been admitted to hospital on three occasions in a 12-month period as a result of the physical violence inflicted by another adult in the home environment.

### Children B & C

Currently receiving counselling due to waking up one morning and finding their mother in the final stages of dying in her bed. Their mother had been ill for a while; the children and other family members were unaware of her condition. The children aged 7 and 10 lived at home with their mother, they have little contact with their father.

### Child D

Aged 11 years, having been physically and mentally tortured by the natural parents, this child was placed into foster care. Removed from this placement after one year as this child suffered abuse in the foster home. This child is now causing major disruption in school, is verbally & physically aggressive, is unable to make friends or adapt to school life. Receives on-going counselling from B2A.

### Child E

Aged 7 years, this child's mother is a sex worker; she leaves her child locked in a room next door whilst she sees clients. This child has to provide food and basic hygiene for themselves and is very afraid of adults. Receives on-going counselling from B2A.

