

A contemporary overview of counselling in schools across the UK and consideration of its future

Karen Cromarty

Lead Advisor - Children and Young People. BACP

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Counselling & Psychotherapy



BACP Annual Conference

17th October 2008



Director of Student Services Ferryhill Business and Enterprise College

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- 30,000 members
- 6,000 interested in C & YP work
- Estimate up to 50% may work with adolescents, 15 – 25% with children

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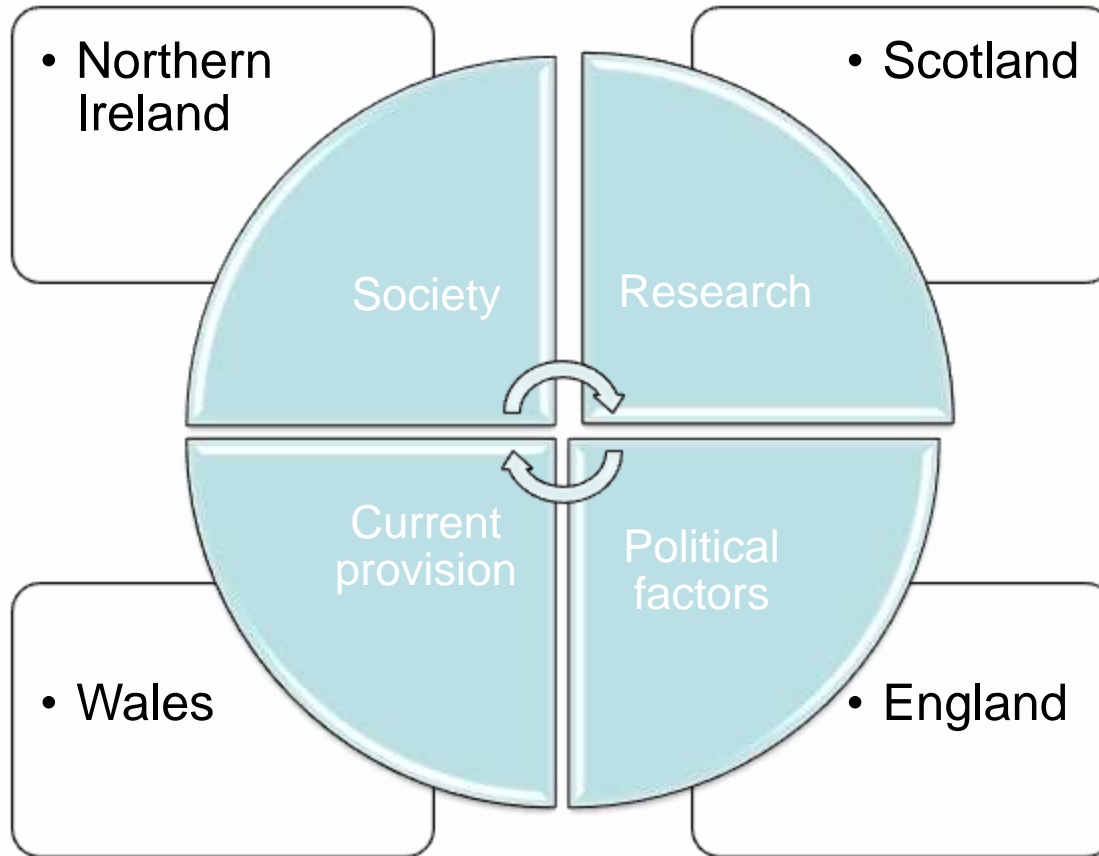
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Counselling in Schools

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Mental Health of Children & Young People

- 10% 5 – 16 year olds clinically defined mental health disorder (*Office for National Statistics, 2006*)
- 1 in 10 “not happy”; 1 in 5 “less than good health”; 1 in 3 “feel low each week” (*Morgan, Malam, Muir 2006*)

Mental Health of Children & Young People (2)

- Child well being in rich countries - Britain (?) of 21 industrialised nations (*UNICEF 2007*)
- 27% 14 – 16 year olds “often feel depressed”; 22% “feel bad or really bad” (*Good Childhood Enquiry, The Children’s Society, 2008*)

Affinity Healthcare 25th April 2008

- A third of UK girls aged 11 to 19 have tried to harm themselves, a survey for a mental healthcare provider suggests.
- More than half of the 800 young people said they knew someone who had self-harmed - either through cutting, burning or punching themselves.

Depression

Anti-social
behaviour

Failure to
learn or
achieve

Violence &
bullying

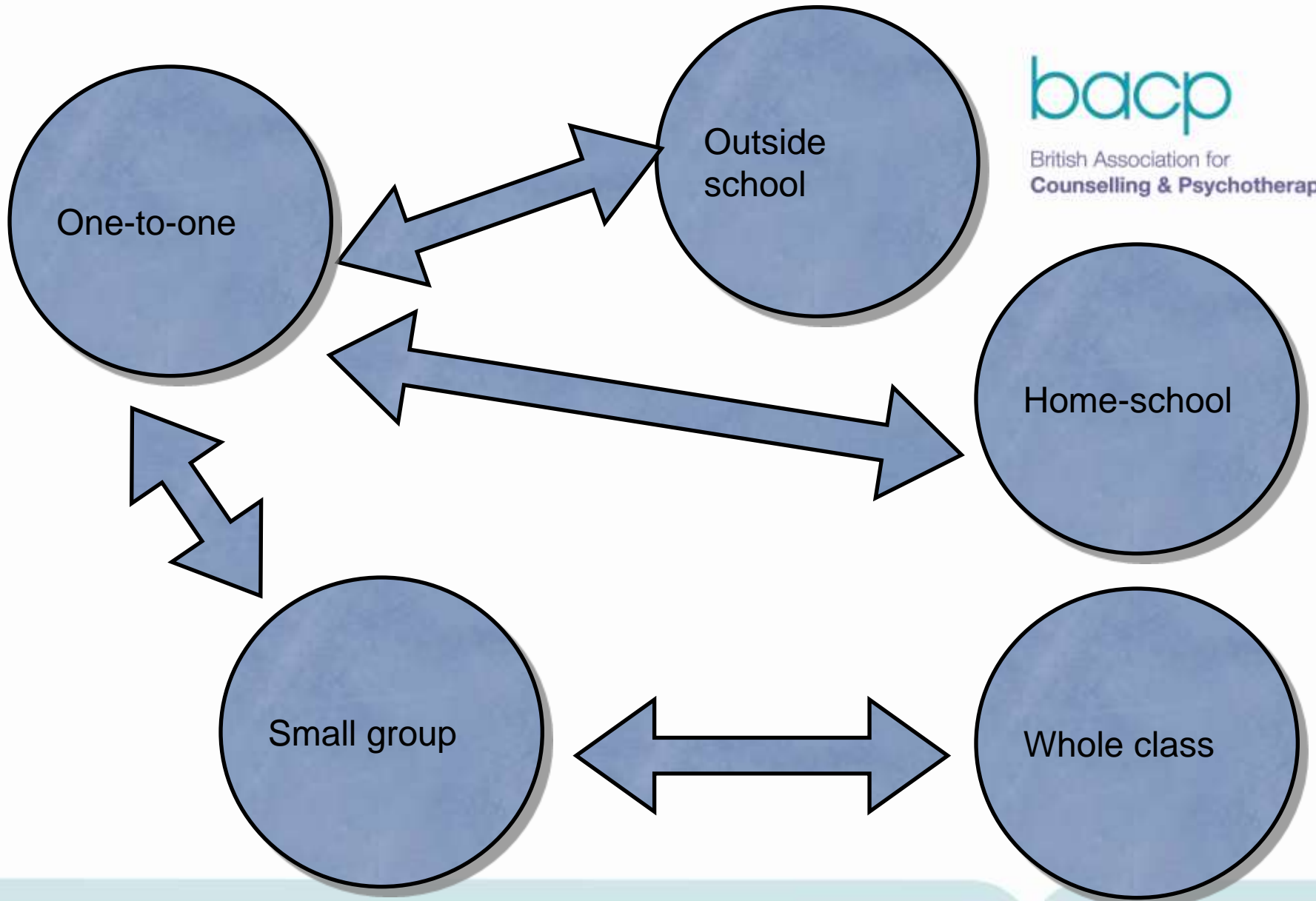
Teenage
pregnancy

Drug abuse

Self-harm

Jordan

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Mario

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Counselling Research

Examples:

- University of Strathclyde
- NSPCC
- BACP/Welsh Assembly Government
- Local studies
- New BACP initiative – CSRC.....

Recent Research News.....

- “Thursday’s Child” Institute for Public Policy *across the UK, there was now ‘an excellent case for rolling out a new school counsellor’welfare support role in all schools’ (Sodha & Margo, 2008, p.79).*
- BACP initiative – CSRC.....

Counselling in Schools Research Consortium (CSRC)

- **BACP**
- **University of Strathclyde**
- **University of Newcastle**

Counselling in Schools Research Consortium (CSRC)

Objectives:

- **Develop and facilitate research**
- **Facilitate and support research networks**
- **Advise on policy, practice, and resources**
- **Link research outcomes to policy**

Counselling in Schools Research Consortium (CSRC)

Activities:

- **Website**
- **Advice to students**
- **Possible event**
- **Pilot randomised controlled trial (RCT)**

Pilot RCT

Objective:

To test the feasibility of a procedure for undertaking a randomised controlled trial assessing the clinical effectiveness of school-based counselling for emotionally distressed young people in schools.

Principal Experimental Hypothesis:

- For children and young people (13 – 18 years old) experiencing emotional distress, weekly counselling will be more effective than waiting list conditions after six weeks

Wales

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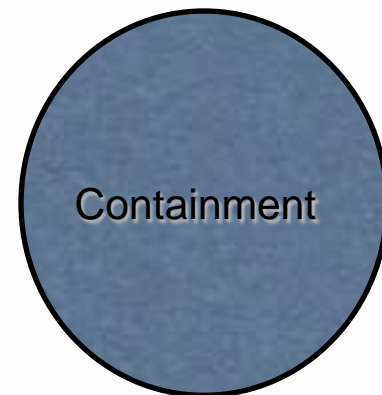
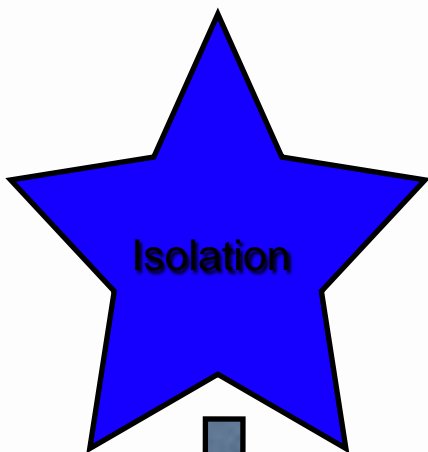
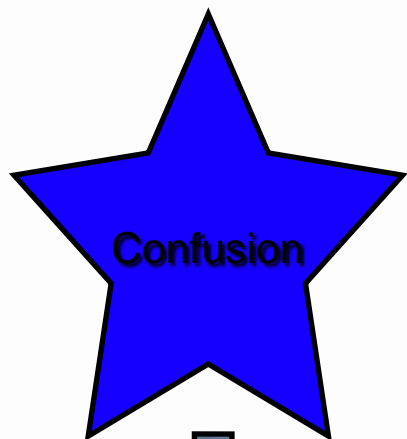
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WAG Research

- 12 models of counselling service
- 40 components
- 10 recommendations underpinned by rationale

So what do we hope school counselling can do?



Martyn

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karen.cromarty@bacp.co.uk

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