



Primary School Counsellor Ms. Rachael Gabel



What is School Counselling?

Selecting and Applying Intervention Theories and Methods

Short-term counselling to students

Referrals for long-term support

Collaboration with families/teachers/ administrators/community for student success

Data analysis to identify student issues, needs and challenges



Types of Counselling?

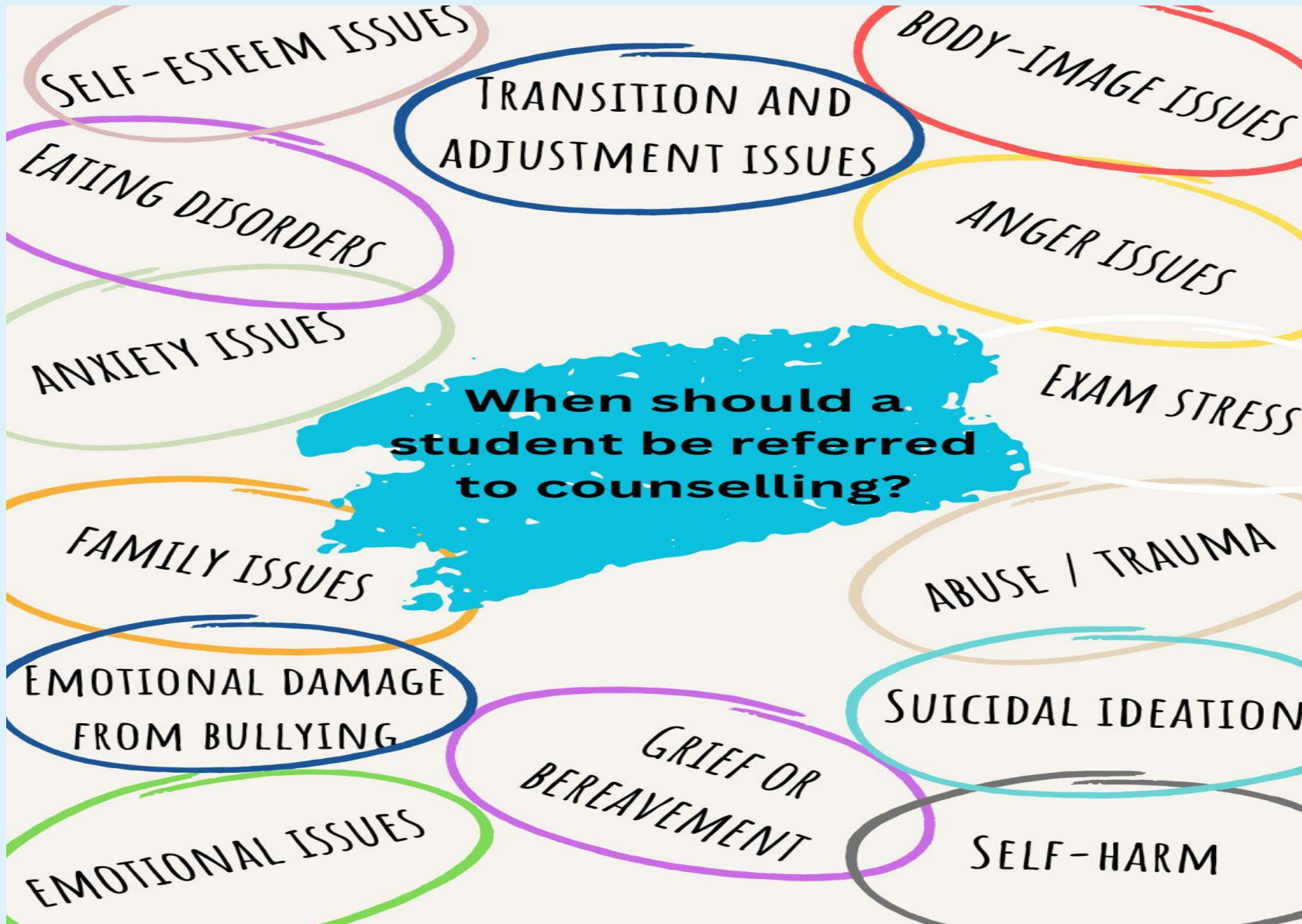
One to one counselling

Group counselling

Crisis intervention

Family support

Staff support





Example of intervention

Identify outcome for the session

Emotional check in

Reflection

Warm up game

Core activity

Mindfulness

Review the session

Next steps

Limitations



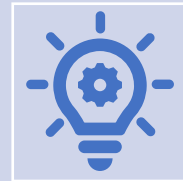
A school counsellor is not a psychiatrist



A school counsellor cannot diagnose a child with a suspected neurological disorder



A school counsellor cannot diagnose a mental health condition or prescribe medication



A school counsellor cannot become involved in a child's academic concerns



My role is to ensure that all pupils here at First point primary school feel safe and are happy!



Contact the Counsellor



Make an appointment to meet with me face to face at the school



Complete a referral form and send to me.



Email me directly

r.gabel_fps@gemsedu.com



**Thank You
Rachael Gabel**