

#### 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



We see genius





SELF-ESTEEM ISSUES

EATING DISORDERS

TRANSITION AND
ADJUSTMENT ISSUES

ANGER ISSUES

ANXIETY ISSUES

When should a student be referred to counselling?

EXAM STRESS

FAMILY ISSUES

EMOTIONAL DAMAGE FROM BULLYING

EMOTIONAL ISSUES

BEREAVEMENT

ABUSE | TRAUMA

SUICIDAL IDEATION

SELF-HARM



We see **genius** in every child





## **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!



We see genius in every child





#### 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

We see genius







# Thank You Rachael Gabel



