



**School Counsellor  
Ms. Rachael Gabel  
& Ms. Rachel Forrest**

# Counsellors are:

Caring

Open minded

Understanding

Never judgmental

Sympathetic

Encouraging

Listeners

Learners

Offer support

Relationship builders





# What is School Counselling?

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The application of Intervention, using evidenced based theories, models and methods

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Short-term counselling to students

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Referrals for long-term support

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Collaboration with students, families, school staff, and external agencies

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Data analysis to identify student issues, needs and challenges

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# Types of Counselling?

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One to one counselling

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Group counselling

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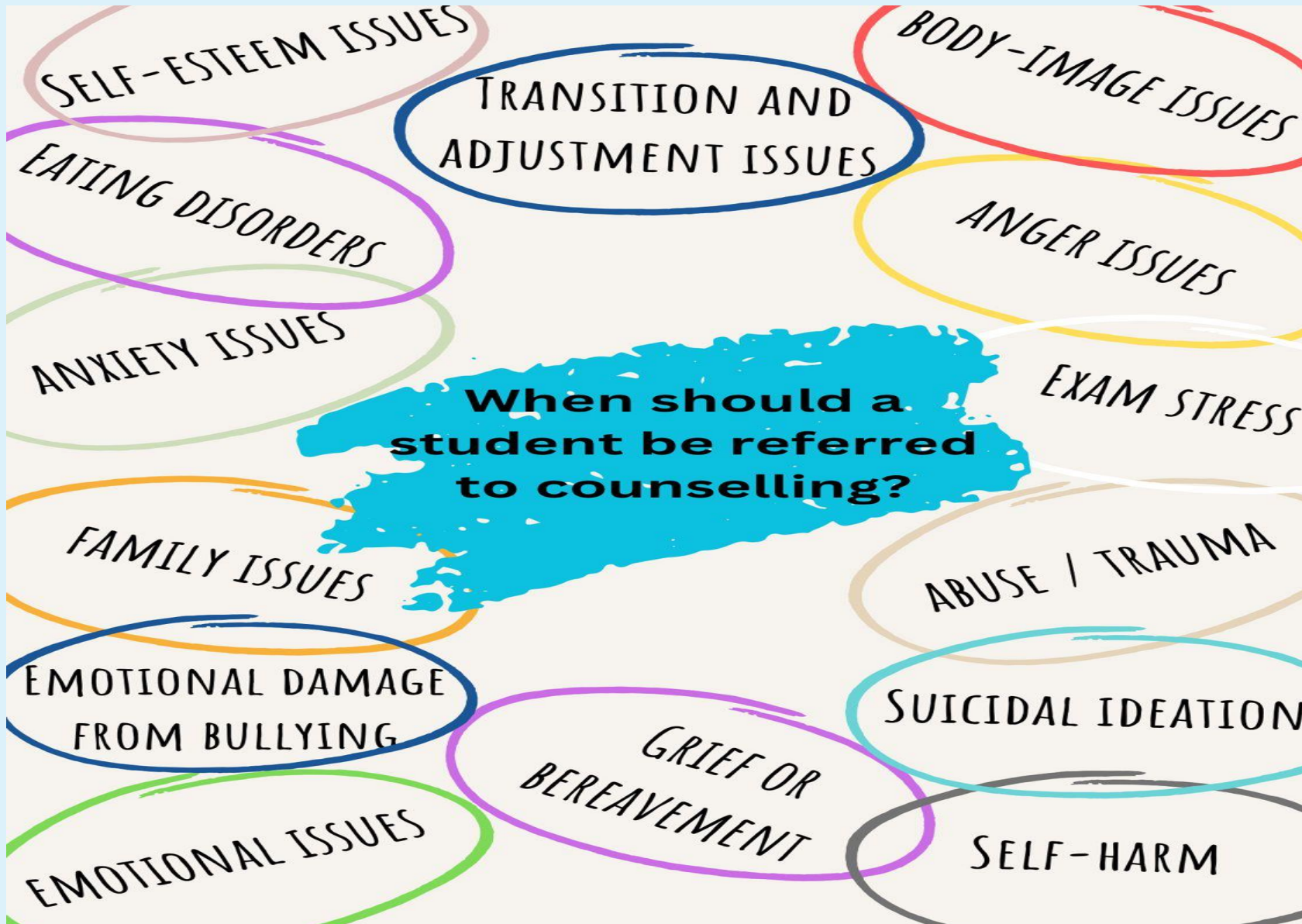
Crisis intervention

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Family support

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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                       |



**Confident in  
setting  
boundaries**

**Trauma  
resolution**

**Less anxiety**

**Stress relief**

**Just a few  
benefits of  
counselling**

**Greater self  
confidence**

**Greater  
assertiveness**

**Regaining  
emotional  
balance**

**More  
positive  
relationships**

# Limitations



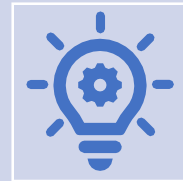
A school counsellor is not a psychiatrist



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





**Our role is to ensure that all pupils here at First Point 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](mailto:r.gabel_fps@gemsedu.com)  
[r.forrest\\_fps@gemsedu.com](mailto:r.forrest_fps@gemsedu.com)



**Thank You  
Rachael Gabel  
Rachel Forrest**