

## The Counselling Service at King Alfred's

The service exists to support all student and staff when things are getting in the way and life gets difficult. It is led by Debbie Lee, an experienced, qualified psychotherapist, registered with the UK Council for Psychotherapy. Debbie has over 25 years' experience of working with young people, staff and parents. The service operates in the following ways:

### Individual Counselling

Debbie see students by appointment during lesson time. When someone is seeing Debbie regularly, the lesson affected varies from week to week to avoid disrupting schoolwork. Most people arrange to see Debbie themselves but some ask a teacher to make the appointment for them. Sometimes Debbie see friends together. Everything that is said is kept confidential, unless a person is in some kind of danger.

### Volunteer Counsellors

Because we all need support from time to time and there is sometimes a wait for counselling, the academy employs a number of volunteer counsellors. They are always qualified and experienced and are supervised by Debbie.

### Peer Supporters

Debbie manages a team of 'Peer Supporters' drawn from Year 13. Their job is to get to know students on East Site and be available to them as an additional source of support from June until May. The 'Peer Supporters' spend lunchtimes on East Site and join in with Year 7 Tutor Groups.

### Group Work

When relationships get stuck or become difficult in some way, it makes sense to work with the whole group over a few weeks in order to address some of the group's underlying anxieties. Sometimes it's safer to talk about and explore things in a single-sex group, or in a small group. Debbie runs these sessions during lesson time.

### Information and Advice

Working with health professionals, Debbie is available to offer students information, advice and support with physical, mental and sexual health issues.

### Counselling Skills Training

Another belief underpinning the Counselling Service is that everyone at King Alfred's Academy has a responsibility to be aware of and support everyone else. To this end, Debbie runs Counselling Skills training for staff and students alike to develop the listening and empathetic skills we have and can improve.

### Consultancy

Rather than rushing in, it can be helpful to think through our feelings and reactions to particular situations and issues as they arise. Debbie offers this opportunity to staff, students and parents by appointment. She can be contacted via the Enquiries email address ([enquiries@kaacademy.org](mailto:enquiries@kaacademy.org)) or by the main academy phone number (01235 225700).



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*"It's important to remember that our Counselling Service doesn't take the place of parents, friends or form tutors. Indeed, it respects very much the contribution all these people make in our lives. Counselling isn't a magic solution. It does, however, provide an additional, unique kind of support that plays a vital part in the life of King Alfred's"*

**Debbie Lee**

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