

Learning support can help you to develop your skills so that your work reflects your true abilities

For further information please contact:

Head of Learning Support	020 8355 3926
Dyslexia Co-ordinator	020 8488 4871
ESOL Support	020 8488 4871
Literacy Co-ordinator	020 8488 4871
Specialist ICT Support	020 8488 4871
Maths Co-ordinator	020 8488 4871
Mental Health Co-ordinator	020 8301 8070
College Counselling	020 8312 5072
Learning Support at Eltham Centre	020 8921 3435

For more information contact

Head of Learning Support
Room A106
95 Plumstead Road
London SE18 7DQ
Email: learningsupport@gcc.ac.uk

LEARNING SUPPORT

Tutor Guide Counselling

“A student’s need for counselling is a very private matter”

What is Counselling?

Counselling is a form of therapy that can offer our students a chance to simply express and change how they feel for the better. Sometimes we are clear that our feelings are caused by particular circumstances, such as bereavement, examination, relationship breakdown or child care issues; whilst at other times we have no idea what is making us feel the way we do.

What can we provide to students?

Seeing our counsellor will provide a regular time and space for people to explore their difficult feelings. Sessions will be provided in a safe and dependable environment, free from intrusion, and completely confidential.

The counsellor will help the student gain understanding and insight into their feelings and/or behaviour. It provides a feeling of security and trust.

What form will the sessions take?

Counselling sessions can be up to an hour. This will usually take place on the same day for 6-12 weeks as agreed between the counsellor and the student. However, sometimes a single session can equally give sufficient help.

Some people feel they need a “big” problem to take to counselling. It does not always need to be a “big” problem before someone seeks out help; “small” ones are okay to take to the Counsellor as well. If a particular matter is bothering a student to the extent that it is impairing on their everyday style of living then they can make contact with the Counsellor.

A student may be able to make better use of the first session of counselling if they reflect on the following beforehand:

- What is wrong? How long has it been like this?
- How much is it affecting me?
- Is it something which prevents me acting as usual?
- What do I want from counselling?

Some of the types of issues that students have brought to counselling are:

- Low self-esteem
- Exam stress
- Relationship
- Abuse
- HIV and medical support- going into hospital for operations
- Sexuality and sexual identity
- Achievement and motivation
- Anger
- Loss and bereavement
- Childcare and financial constraint
- Gambling/alcohol abuse/drug abuse/eating disorder

There are various counselling approaches and the college uses an integrative model whilst focusing more on a client-centred approach. This is based on the principle that the Counsellor provides the “core therapeutic conditions” (empathy, congruence and unconditional positive regard).

The service is entirely free and confidential. Outside the college, other means of seeking counselling can be through your GP, which should also be free or through private bodies where some fees might be demanded of you.

How does a student get counselling?

We strongly encourage you to allow the student to refer themselves. If you have concerns about a student, you may wish to have a private word with them about the possibilities that counselling could provide. It is not your place as a tutor to enter into ‘counselling’ a student, beyond your normal pastoral role. A student’s need for counselling is a very private matter; the most you should do is discreetly signpost the student, if you feel they may benefit from ‘speaking with someone’ about issues they have.