

Contact Us

We welcome your comments and feedback. Should you have any queries, concerns or require any further information, then please do not hesitate to get in touch.

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Highworth
Warneford School

School Counselling
Service

Highworth Warneford School
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School Counselling

The School Counselling service is well established at Warneford. We provide 1:1 counselling and therapy for pupils, with the aim of supporting their personal development, and strengthening their ability to make the most of the educational opportunities available to them in school.

Counselling/therapy offers young people a confidential space in which to explore whatever it is that may be troubling them. They can talk about whatever they wish, and can reflect upon how they might be feeling, thinking and behaving. This process can help young people gain understanding, build a greater degree of resilience, and develop emotional literacy.

The decision to take up an offer of counselling is entirely voluntary, and solely that of the young person.

Our school counsellor is Helen Walding. Helen is a state registered Art Therapist, with many years experience of working within education and the NHS, as a therapist and mental health practitioner.

Helen is in school on Tuesdays and Wednesdays.

What happens?

Pupils are usually referred to the school counsellor via Head of House or senior staff, and following discussions with the pupil and their parents/carers.

Introductory meetings are offered so that we can discuss how we might be able to help, and to give some time for initial exploration of whatever might be troubling or of concern.

If it is appropriate, regular counselling sessions are then offered. Sessions usually happen weekly and last an hour. Appointment times change from week to week, so that time is not lost from any one subject.

How might we help?

There are a range of reasons why young people are referred to us. These are some examples:

- Anxiety
- Low mood
- Stress
- Academic pressures
- Identity
- Self-esteem & self-confidence
- Managing feelings
- Recent or past traumatic experiences
- Difficulties in relationships with others/ family members
- Coping with experiences of loss or grief
- Self-harm

Art Therapy

Art Therapy is a form of psychotherapy. It combines talking therapy with creativity. Art materials are available within sessions for young people to use as and when they choose. This gives young people options as to how they might express themselves. It can be particularly helpful in dealing with emotions and experiences which might otherwise be difficult to put into words.

Art Therapists need to have undertaken a post-graduate training in art therapy approved by their state regulator, the Health and Care Professions Council (HCPC), and practice in accordance with the ethics and professional standards of both the HCPC and BAAT. (British Association of Art Therapists).

Helen Walding BA(Hons) PGDip AT
HCPC & BAAT registered Art Therapist
School Counsellor