

A space to write down any questions or thoughts you may have for your counsellor?

The Cogwheel Trust

CIO

Children's counselling



The Cogwheel Trust CIO

Registered charity 1157141

What is Counselling?

Maybe your parent or carer has suggested you have some counselling. That can be a scary thought and we want to try and answer some of the questions you may have here so it may be a little less scary!

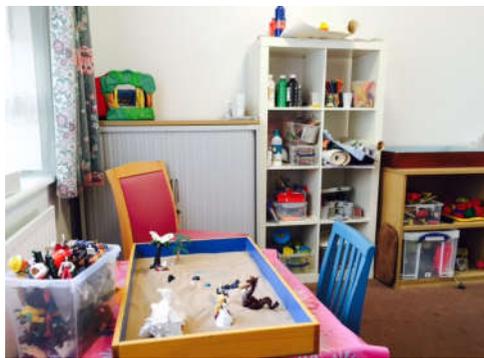
Counselling is a space to talk with someone who is used to listening to children. It will happen in a room at Cogwheel, which is in Cambridge. In the room there are various toys and arts and crafts that you can use to help you think about how you feel.

Counsellors are here to listen to you and may be able to help you to make sense of some of your thoughts and feelings.

Each session will last about 50 minutes (just under an hour). The first time you meet with your counsellor he or she will be able to give you an idea as to how many times you will come to Cogwheel. Once you have begun counselling you will see the same counsellor each week.

Why do I need Counselling?

Maybe things are tough at home or school or you are feeling sad or unhappy. You may be struggling with a specific issue or feeling confused, muddled or unsure about your situation. Many different people come to counselling, both children and adults and it is a space to think about how you feel and to help you with these feelings.



Do I have to tell anyone else I am coming to counselling?

You can tell others you are coming to Cogwheel – it is not a secret. But you don't have to! If you want to keep it to yourself that is OK.

What can I talk about?

You can talk about anything you want to when you come to Cogwheel. There is nothing you should or shouldn't talk about, and nothing too big or small to talk about. Our counsellors will not be judging you or your family.

What you talk about is private and confidential. Your counsellor will not tell anyone what you talk about unless they are really worried that you may not be safe. If the counsellor does feel they need to talk to someone else about what you have said, they will always try and tell you first.

Is it always talking?



Counselling can be talking but can also be playing, drawing, writing or other ways of expressing how you feel. You may choose to use puppets, sand, clay or other ways to help you tell us how you are feeling. Some counsellors have puppets other use sand or clay to help you with this.

Over the page is a space for you to use to write or draw anything you may want to ask when you come along to Cogwheel.