

What if I have concerns about my counselling?

If you have any concerns regarding your counselling sessions we recommend that you discuss this with your counsellor, and hopefully you will both be able to resolve any issues. If this is not possible then you can contact the Manager of the Family Support Team at the Hospice.

How do I access this support?

You can contact us directly, using the contact details overleaf, to refer yourself or you can ask someone else such as a parent/carer, G.P, teacher/lecturer or social worker to do this for you.



Contact the Jigsaw Project via the Family Support Team on Tel: 0191 374 0171
or email thejigsawproject@stcuthbertshospice.com

The Jigsaw Project: St Cuthbert's Hospice, Park House Road, Durham, DH1 3QF



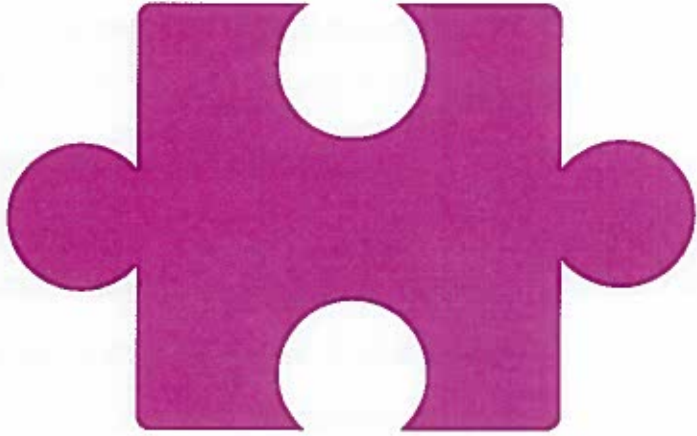
www.stcuthbertshospice.com

St Cuthbert's Hospice Durham is a registered charity (no 519767)
and a company limited by guarantee (no 2208426)

For young adults experiencing grief, loss and bereavement

Delivered by The Family Support Team at

St Cuthbert's Hospice



Jigsaw Project



St Cuthbert's Hospice



SADNESS **CONCERN** **LOSS** **EMBARRASSMENT** **FEAR** **CONFUSION** **AWKWARDNESS** **PANIC** **DISCOMFORT** **WORRY** **ANGER** **DENIAL** **GUILT**

This service is free and confidential

The Jigsaw Project at St Cuthbert's Hospice operates in accordance with the British Association for Counselling and Psychotherapy Ethical Framework. This means that what you say to your counsellor will be kept in confidence; however confidentiality may be broken if the counsellor considers you or anyone else to be at risk of harm. This will be explained in more detail in your first session.

How long are the counselling sessions?

Each session will last for approximately 50 minutes and will normally take place in one of the counselling rooms at St Cuthbert's Hospice. We will offer up to a maximum of 10 sessions, which includes any cancelled appointments.

When will I see a counsellor?

We will try to be as flexible as we can, and can offer some evening and weekend appointments if necessary. However, our normal working hours are Monday-Friday 9am -5pm. Appointments within schools can be arranged.

What can St Cuthbert's Jigsaw Project do?

The Jigsaw Project is delivered by The Family Support Team at St Cuthbert's. It is a counselling service for:

- ◊ Young adults who have experienced grief, loss and bereavement, around life-limiting illnesses and palliative care, unexpected or sudden death including suicide, road traffic accidents and murder
- ◊ Young adults who are ill themselves
- ◊ Young adults who have someone they care about who is ill

What is counselling?

Counselling is time set aside by you and a counsellor to look at what has brought you to this point in your life. This might include talking about life events (past and present), feelings, emotions, relationships, ways of thinking and patterns of behaviour.

The counsellor will do their best to help you to look at your issues, and to identify the right course of action for you, either to help you resolve your difficulties or to find ways of coping.

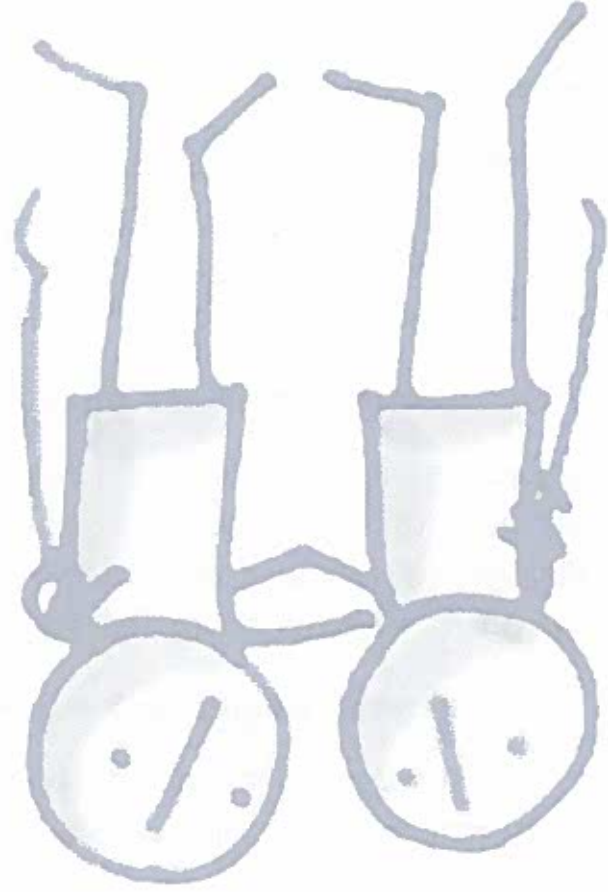
Talking about these things may take time, and will not necessarily all be included in one session.

(British Association for Counselling & Psychotherapy)



A parent / carers guide to
counselling services

Helping children & young people deal
with grief, loss and bereavement



Contact the Jigsaw Project via the Family Support Team on Tel: 0191 374 0171
or email thejigsawproject@stcutthbertshospice.com

The Jigsaw Project, St Cutthbert's Hospice, Park House Road, Durham, DH1 3QF



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This leaflet aims to cover parent/carer's most frequently asked questions about what to expect from counselling. It is a guide only, so if you have any further questions please contact the Jigsaw Project via St Cuthbert's Hospice Family Support Team on 0191 386 1170.

What is counselling?

Counselling/ or therapy offers a safe place for children and young people to explore difficult feelings and thoughts which may be creating difficulties. The counsellor will use creative play therapy and/or talking therapies to work with the child or young person to enable them to discover, understand and express any concerns they may have.

Is it confidential?

The Jigsaw Project at St Cuthbert's Hospice operates in accordance with the British Association for Counselling and Psychotherapy Ethical Framework. This means that whatever your child shares with their counsellor will be kept in confidence; however, the counsellor may break confidentiality if they believe that they are any welfare concerns about the child, or anyone else. This is because as an organisation we

Will I be kept informed about my child's progress?

If appropriate, the counsellor may request for you to attend a session to review the counselling process.

How long are the counselling sessions?

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When will my child see a counsellor?

We will try to be as flexible as we can, and can offer evening and some weekend appointments if necessary. However, our normal working hours are Monday-Friday 9am -5pm. Appointments within schools can be arranged.

What if I have concerns about my child's counselling?

If you have any concerns regarding your child's counselling sessions we recommend that you discuss this with the counsellor, and hopefully you will both be able to resolve any issue. If this is not possible then you can contact the Manager of the Family Support Team at the Hospice.





Helping children & young people deal with grief, loss and bereavement

Delivered by The Family Support Team at St Cuthbert's Hospice

"There is something you must always remember. You are braver than you believe, stronger than you seem and smarter than you think"
- Winnie the Pooh

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How do children & young people grieve?

Children and young people grieve just as adults but they show it in different ways. They learn how to grieve by copying the adults around them, and rely on adults to provide them with what they need to support them in their grief.

Children have a limited ability to put feelings, thoughts and memories into words, they tend to "act out" with behaviours instead of expressing themselves verbally. Showing your grief will encourage them to express theirs. Their behaviour is your guide as to how they are and this is as true for a young child as it is for a teenager.

Children are naturally good at dipping in and out of their grief. They can be intensely sad one minute, then suddenly switch to playing happily the next, this does not mean they are not affected, it is a type of in-built safety mechanism that prevents them being overwhelmed by powerful feelings.

As children get older, this becomes harder and teenagers may spend long periods of time in one behaviour or another. For a young person, getting on with life might mean a hectic social schedule as their way of shutting out the pain. Or they may withdraw into themselves, rejecting offers of help and being generally very hard to communicate with.

What can I do to help?

Support them to carry on as much as they can with usual routines of home, school, seeing friends, etc. whilst supporting one another when the grief feels all consuming.

Answer questions honestly, and in simple language suitable for the child's age, they need information to make sense of what is happening.

Let them know that their feelings are normal, but also help them find safe ways to express these feelings.

Be a model, not a hero. Share your feelings with your child; children learn to grieve by observing and copying the adults around them.

Info from Child Bereavement Network UK

How do I access more support?

You can contact us directly, using the contact details overleaf, or you can ask a professional such as a G.P, teacher or social worker to refer a child or young person to The Jigsaw Project.