

A Parent/Carer's Guide to Counselling



THE REMUS CENTRE
BESPOKE THERAPUTIC SERVICES

What is counselling ?

Counselling offers your child a regular, private space to explore any worries or challenges. With consistent support, they can begin to understand their feelings, build confidence, and develop healthier ways of thinking and relating to others, both at home and at school. Rather than giving advice, counsellors guide young people to make their own choices, encouraging personal growth and self-awareness.

What happens first?

At the start of counselling, we like to keep things gentle and relaxed. We begin by meeting with you and your child together so everyone feels comfortable and knows what to expect. This first conversation helps us get to know your child, understand what's been going on, and hear what matters most to your family.

There may also be a short part of the session where we chat with your child on their own. This is simply to give them space to share their thoughts in a way that feels safe and private. You're always kept in the loop, and we make sure your child feels supported every step of the way.

This helps us make sure counselling is the right fit before moving forward.



Will I be involved ?

Counselling is your child's private space, and protecting that privacy is really important. We won't share what your child talks about in sessions unless they say it's okay. The only time we would need to break that confidentiality is if we're worried about their safety or someone else's.

At the same time, it's helpful for everyone to stay connected. That's why we like to have regular check-ins with you and your child together—usually every six weeks—to talk about how things are going and make sure the support is working well for them.

Can I stay?

Here at the Remus Centre, we want parents to feel cared for too. We have a warm, comfortable waiting space with complimentary refreshments and wi-fi, so you can relax while your child is in their session. In the early days we ask you to stay on site, but once your child feels settled you're welcome to make use of the local amenities. We're close to the town centre, with plenty of shops and cafés to explore. We just ask that you keep your phone on so we can reach you if needed before the session ends.



How can I support?

Let your child know you're there whenever they want to talk. If they do open up, simply listen. Be kind, stay curious, and try to understand their feelings, remember, not everything needs fixing.

Try to give your child privacy by not asking for details about their counselling sessions. It can feel hard not knowing, but giving them space to share in their own time helps build trust and shows you respect their boundaries.

Be supportive when your child tries new ways to cope, whether it's breathing, drawing, or taking a moment to themselves. Notice their effort, avoid judgment, and give them the space they need to practise.

Try not to take it personally if your child finds it easier to talk to a counsellor. Sometimes it's simply easier to open up to someone outside the family. A neutral adult can offer a safe space and a different kind of support.

How often do sessions happen and how long will it last?

Most children come to counselling at the same time each week, as having a regular routine can feel reassuring. If this doesn't work for your family, we can talk about other options during the first session and decide together what might suit you best. Sessions usually last around 50 minutes, giving your child time to settle, explore their feelings, and end the session safely.

Counselling doesn't have a set length because every child's needs are different. Some children benefit from just a few weeks of support, while others need longer to build trust and work through deeper feelings. We check in regularly, usually every six weeks to make sure the pace and direction still feel right for your child and for you.

Our aim is always to give your child the time they need, without rushing them or keeping them in counselling longer than is helpful.

If you have any questions, please get in touch. We're always happy to help.



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