

RECOMMENDED SOURCES OF SUPPORT & INFORMATION FOR COUNSELLORS COUNSELLING CYP ONLINE –

The following information does not enable a practitioner qualified to work face to face with a child/young person/young adult to counsel online.

Appropriate training is recommended along with appropriate online supervision.

FOR SHARING WITH CHILDREN/YOUNG PEOPLE/YOUNG ADULTS

1. Directory to local support - <https://www.annafreud.org/on-my-mind/youth-wellbeing/>
2. Mind - <https://www.mind.org.uk/information-support/for-children-and-young-people/> Information re mental health issues.
3. Shout - <https://www.giveusashout.org/> 24/7 help from “Crisis Volunteers”
4. Calm - <https://www.thecalmzone.net/> helpline – Suggested use for OLDER more emotionally mature young people.
5. Young Minds- <https://youngminds.org.uk/> information re CYP mental health and added resources.
6. Students against Depression - <https://www.studentsagainstdepression.org/> information and support - older age group.
7. Papyrus - <https://papyrus-uk.org/> Prevention and support re suicide. Also has access to helpline.
8. Talk to Frank - <https://m.talktofrank.com/> Information re drugs – email and phone support available.
9. Anna Freud Centre - <https://www.annafreud.org/on-my-mind/> Advice and Information re mental health.

BACP GUIDANCE - FAQs: Working online with children and young people -

- <https://www.bacp.co.uk/news/news-from-bacp/coronavirus/working-online-with-cyp-faqs/>

SAFETY PLANS -

Example of safety plan that can be discussed, worked through and shared with child/young person/young adult –

- https://www.studentsagainstdepression.org/wp-content/uploads/2018/09/my_safety_plan.pdf
- https://www.studentsagainstdepression.org/wp-content/uploads/2019/11/take_action_workbook_module1.pdf

NSPCC LEARNING – Safeguarding Checklist -

<https://learning.nspcc.org.uk/safeguarding-checklist>

CONTRACTING –

Key areas to include within a therapeutic contract **with young people age 18+/young adults** – Specific additions and changes need to be made when providing online therapy with children and young people below the age of 18.

- Information re “In times of Crisis” – listing of appropriate helplines – Link to Safety Plan
- “Your” Safety and Confidentiality – e.g. in a crisis as above.
- Confidentiality and Safety – e.g. safe space.
- What to expect from a session – e.g. preparation – how to download required platform.
- Practicalities and possible IT issues / solutions.
- Boundaries – e.g. social media / mutual respect.
- Professional Code of Practice and link to complaint procedures.
- Contact information: –

- Parent/ guardian/carer – in relation to potential safeguarding concerns
- GP contact details.
- Practitioner/therapist phone number for contact in case of IT issues.
- Client phone number in case of IT issues.
- “Other” responsible adult for situations where contacting the parent/guardian/client might be assessed as detrimental to safety of client.
- Data Protection -(separate document)
- Electronically signed agreement by therapist and client.

ONLINE PRIVACY AND GDPR -

ICO – Children and the GDPR

Information from the Information Commissioners Office relating to “**Children and the GDPR**”

- <https://ico.org.uk/media/for-organisations/guide-to-the-general-data-protection-regulation-gdpr/children-and-the-gdpr-1-0.pdf>

ICO

Information Commissioners Office - <https://ico.org.uk/your-data-matters/> re data protection advice and **registration** for practitioners.

Privacy 4

- <https://www.catherineknibbs.co.uk/copy-of-psychotherapy> - Visit Blogs
- “What are the issues to consider working online with children/young people during covid-19
Data protection and special considerations- post webinar notes from the lecture 16 March 2020”*

Privacy4 Video

“Providing therapy online - Data Protection/Cybersecurity and 'Special considerations' for Children”

- <https://www.loom.com/share/cfd51d0807df474b8376bfeef50087cf?fbclid=IwAR1RCSPYN9TBGGL-5yWJvjc0nl792gYtGHgl0t9ZtuNB3NEVjMkphS3088M>

ACTO - ASSOCIATION COUNSELLING AND THERAPY ONLINE -

- ACTO directory online supervisors – listing supervisors with appropriate training
<https://acto-org.uk/supervisors/>
- ACTO - online competences - <https://acto-org.uk/acto-recommended-competences-for-counselling-and-psychotherapy-online/>
- ACTO - advice and information re-working online during the Coronavirus - <https://acto-org.uk/covid-19-coronavirus-advice-from-acto-for-clients-and-non-acto-therapists/>

BOOK -

Chapter by J. Stiff in -

Stokes, A. (2018) *Online Supervision – a handbook for Practitioners* – Ch 17

RECOMMENDED FURTHER READING –

Oxford University Press. (2008). Decision making in children and young people: Gillick Competent? *InnovAiT*. 1 (11), 764-770.

Terry Hanley (2012): Understanding the online therapeutic alliance through the eyes of adolescent service users, *Counselling and Psychotherapy Research: Linking research with practice*, 12:1, 35-43

King, B, et al (2006): Online counselling: The motives and experiences of young people who choose the Internet instead of face to face or telephone counselling, *Counselling and Psychotherapy Research: Linking research with practice*, 6:3, 169-174

Hanley, T (2009): The working alliance in online therapy with young people: preliminary findings, *British Journal of Guidance & Counselling*, 37:3, 257-269

Williams, R et al (2009): In-session processes in online counselling with young people: An exploratory approach, *Counselling and Psychotherapy Research: Linking research with practice*, 9:2, 93-100

Cortesi, S., & Gasser, U. (Eds.). (2015). *Digitally connected: Global perspectives on youth and digital media*. Retrieved from <http://www.address.com/full/url/>

Haxell, A.J. (2014): On becoming textually active at Youthline, New Zealand, *British Journal of Guidance & Counselling*,

(All links last accessed 19-04-20)