

## *Clinical supervision for school counsellors / wellbeing staff*

Our team of experienced clinical supervisors provide supervision to support specialized staff providing counselling, welfare and wellbeing services within school settings.

Clinical supervision is available to be delivered on-site at schools or at any of our local branches across Melbourne, Geelong and Gippsland.

## *Professional Development Seminars*

The School Counselling Unit can provide professional development that is responsive and flexible. Professional development seminars can be tailored to meet the unique needs identified by your school community.



## *About us*

Relationships are at the heart of why CatholicCare exists. We help people to build positive relationships, and repair connections when needed.

CatholicCare is the social service agency of the Archdiocese of Melbourne and the Diocese of Sale. We provide a range of counselling, education, community and pastoral services.

We support all people regardless of their religious belief or background.

Our vision is for a stronger, more resilient and inclusive society - where everyone can reach their potential and enjoy 'life to the full'.

## *Contact us*

PO Box 196,  
East Melbourne 8002  
T: 03 9287 5521 or 03 9287 5522  
E: [SchoolsUnit@ccam.org.au](mailto:SchoolsUnit@ccam.org.au)

Program costs are paid by the school. Services provided are inclusive. There is no extra charge to members of the school community – children, parents, teachers and principals.

Terms are negotiated between the school and CatholicCare based on the school's needs (eg: number of days required, nature of services etc).



*CatholicCare acknowledges the traditional custodians of the lands and waters of Victoria, and pays respect to Elders past and present.*

- Greater Melbourne
- Geelong
- Gippsland

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# School Counselling Program

*Including Cognitive Assessments and Professional Development*



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## School Counselling Program

Children and young people sometimes find living in our demanding, complex world difficult to negotiate. This can impact their social, emotional and educational development.

Our school counselling program provides specialised psychological and counselling services to primary and secondary schools. It helps identify difficulties early and tailor strategies that assist with the healthy emotional and intellectual development of students.

We have a team of experienced and qualified counsellors and psychologists trained in best practice techniques.

The School Counselling Program provides:

- School counselling
- Cognitive assessments
- Clinical supervision for school counsellors and wellbeing staff
- Professional development seminars

*“They listen to you when you feel as though you are voiceless. They help you when you feel as though you can’t help yourself on your own.”*

*“In my experience, it has helped me deal with, cope with and understand situations I’m uncomfortable, unhappy or have no control over.”*

## About school counselling

School counsellors provide professional assistance to students, parents, and staff. School counsellors work individually with students providing confidential counselling to support them in developing their own skills to resolve emotional, behavioural and interpersonal difficulties. Counsellors also work collaboratively with parents and teachers to enhance the student’s wellbeing and overall school experience.

School counselling services are provided at your school and are available to all members of the school community. Having a school counsellor at your school assists those children, and their families, who may not otherwise be able to access counselling.

School counsellors are equipped to assist anyone who experiences difficulty with:

- conflict, anger, grief and loss
- depression and anxiety
- self-esteem
- school refusal
- developmental and academic concerns
- family issues (eg: separation/divorce/relationships)
- social skills and peer relationships
- bullying
- behavioural problems

Our qualified school counsellors provide a range of services including:

- Student counselling and therapy
- Parent and teacher consultation
- Small group programs
- Professional development seminars for teachers
- Parenting and information seminars for parents

## Cognitive assessments

Educational and cognitive assessments are available through CatholicCare to assist with planning for educational and behavioural needs and for applications for funding support.

Assessment reports include:

- An assessment conducted on-site at the school
- A comprehensive written report
- A feedback session for parents and teachers

