



**Chestnut
Tree House**

{ Children's
Hospice Care }

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Registered charity no. 256789

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**Chestnut
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Chestnut Tree House Counselling Service



{ Children's
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A counselling service is available from Chestnut Tree House offering support to families who have active issues in the care of their child or children, as well as pre and post bereavement counselling.

Preventative Family Counselling

Some examples could be:

- How a family discusses changes in a child's condition.
- How to share the highs and lows of family life.
- Communicating to each other what really needs to be discussed.
- How to support your other children.
- Post bereavement counselling.

The Chestnut Tree House counselling service aims to provide a safe place where a family (individual, couple or group) can come together to discuss issues they have. It also allows them the time and opportunity to think about how they are communicating with each other and if any changes need to be made.

Counselling can be offered via Chestnut Tree House's internal referral system.

A referral for the counselling service can be made to any member of staff, or directly to the counsellor, and a simple form is used to obtain initial information and contact details.

The counsellor will then arrange an assessment session, during which the support that can be offered is discussed and explained.

Formal confirmation will follow with times, dates and the location of the counselling sessions to be arranged directly with the family.

A counselling session is usually between one and one and a half hours. The number of sessions offered will be dependent upon the outcome of the assessment, and this will be reviewed regularly.

The Chestnut Tree House counsellor encourages all families to inform their GP if counselling is being received. Chestnut Tree House is committed to multi-agency working. Therefore, the counsellor will inform schools if there are children involved. This contact will of course be made in discussion with parents and carers.

Counselling session times and dates will be recorded in a child's medical notes at Chestnut Tree House to enable joined-up working with staff in house.

The counselling support is supervised externally. All information will be treated with respect and in confidence.

Our Chestnut Tree House counselling service can be contacted on the following number – 01903 871819.

For urgent calls, please contact the Chestnut Tree House care team on 0845 450 5820.

We hope this leaflet has been useful.

