



My name is Kerry Ray I am a Counsellor & Psychotherapist working with young people across a broad spectrum of issues including:

- Anger
- Depression
- Behavioural issues
- Anxiety & Stress
- Bereavement
- Self-esteem
- Body Image
- Exam pressure
- Difficult feelings



I have spent the last 4 years working as a volunteer counsellor with ChildLine and Cruse Bereavement service gaining a wealth of knowledge and skills along the way.

What is counselling?

Counselling is a talking therapy that allows a young person to talk about their problems and feelings in a safe confidential environment without judgement; this can be over a short period or form some long-term depending of the nature of the issues raised and the individual. Counselling can really help young people to overcome problems, bring about effective change and enhance their own well-being.

Therapy may involve lots of different techniques or approaches such as Cognitive Behavioural therapy, brief therapy, psychodynamic therapy and trauma therapy depending on what is being discussed.

I work with a person-centred approach aimed at giving the young person greater self-belief and self-worth. I do this by helping the young person to clarify what their inner values are and then empowering them to go on and reach their full potential.

How can counselling help?

Counselling provides the opportunity for a young person to talk about things that are concerning them. Counsellors are good at relating to children and young people and are trained to listen without judgement. Counselling can help children to improve the way they feel about themselves and to think about issues in a different way.

Why counselling at school?

At Gateways School, they understand the pressure that young people have to endure. Counselling can help young people to build resilience which they can use both in school (in and out of lessons) and in their personal lives.

Through me, Gateways can now offer private counselling in school to all pupils so that this service is more accessible to them. Together we can be more proactive in helping pupils to look after their health and wellbeing.

Is there a Confidentiality Agreement?

I will not discuss what a young person has said to me in the session unless there is a safeguarding issue or if the child or someone they know is in immediate danger or at any risk. I will report directly to the school's Designated Safeguarding Lead should this occur.

Will parents/carers be informed of what is discussed in session?

Confidentiality is crucial for the young person/ counsellor relationship to work and to establish a trust that they feel able to talk openly and freely about their concerns.

How long does the counselling last?

The number of sessions depends on the issues being discussed. Usually there are between 4-6 sessions, however in some cases there can be more.

Where and when does it take place?

Sessions take place in a private base in school one-to-one with me and usually take between 45-60 minutes.

What is the cost?

I offer a 20-minute drop-in session to see if counselling is the right fit for them, then the cost of the service thereafter is £50 per session.

How can we book sessions?

Email kerry@gatewaysschool.co.uk

Kindest regards,

Kerry