



Support Session Agreement

Note for Parents and Carers: Please read this with your child. We will also go over it in our first session together.

Keeping You Safe Online

This agreement explains how we will keep you safe while working online, what information we will share, and what we will keep private. It also tells you what to expect from me as your Bereavement Counsellor or Support Worker and what we expect from you to make the most of our sessions.

1:1 Support Sessions

We will have some one-on-one sessions to talk about how you are feeling and how I can help you with your bereavement.

Who Are Your Counsellors/Support Workers?

Our counsellors are professionally qualified, and our support workers are trained in Childhood Bereavement. They have lots of experience working with children and young people whose have been bereaved.

Session Frequency and Length

We usually meet every two weeks for 60 minutes. If needed, we can change this, and we will discuss it in your first session. We will meet online using Microsoft Teams, and I will send you a video link before each session. We will start with 6-8 sessions, but we can have more or fewer if needed. We will review our progress before deciding on the next steps.

What Happens in a Session?

In the first session, we will spend some time to go over the online guidance and this agreement. Then, we will have a "getting to know you" session where we can talk about what brought you here, your likes and dislikes, and set some goals for our sessions. By the second session, we will complete a Childhood Bereavement Service Questionnaire (CBSQ) to see where you might need extra support. We will use the results to tailor our support and review the CBSQ again at the end.

Communication

I will never send a message directly to anyone under 18 unless I copy in their parent or carer. If you

have a concern between sessions, your parent or carer can contact me via email or WhatsApp, and we can arrange a time to discuss it.

Consent

Before we start, you need to agree to the support, and your parent or carer must complete our consent form and give permission to contact your GP if we have serious concerns. We cannot start sessions or talk to other agencies until the consent form is complete.

Cancellations

If you need to rearrange a session, please let me know as soon as possible. If I need to cancel, I will give you as much notice as possible, and we will arrange another appointment. If I don't hear from you, I will try to contact you twice. If there is no response, I will send a letter to let you know that I am closing your file, but you can re-access support when you are ready.

Ending Our Sessions

Bereavement support has a beginning, middle, and end. We usually end our work at a mutually agreed time. If you want to end support, we will have at least one ending session to review the CBSQ, explore your decision, and end our therapeutic relationship. If you are seeing another therapist, please let me know, as we cannot provide support alongside another therapeutic service.

Online Working

Our sessions will be online using Microsoft Teams. Please see our online guidance.

Confidentiality

We create a safe and open space, but there are limits to our confidentiality. After each session, I will speak to your parent or carer and if needed give them an overview. I will only share more information with your agreement unless there is an urgent need. In exceptional circumstances, I might need to break confidentiality if someone is in serious danger. I discuss support material with a supervisor, but I do not disclose names, and my supervisor is also bound by confidentiality.

Social Media Policy

We do not accept friend or contact requests on social networking sites to protect your privacy and our therapeutic relationship. We have a Scotty's Facebook Profile for parents and carers, but it is rarely monitored.

Agreement

We hope this helps you feel comfortable and make the most of your support. If you agree to these terms, please sign and date this form. Thank you.