

About Ana Van Elswijk

I am a trainee counsellor with Mind Health, doing my placement at LifeSwitch Church.
I am a student member of the New Zealand Association of Counsellors.

Location of counselling

The counselling will take place in the counselling room at the LifeSwitch office at Silverstream Retreat (3 Reynolds Bach Drive)

Counsellor's contact details

Phone: 027 3851694 Email: ana@mindhealth.org

How feedback and communication will occur

Parents are welcome to email or phone me to keep me updated with helpful information or to ask questions.

Confidentiality

I am bound by strict confidentiality with the information given to me by your child and you. Children and teenagers have a right to privacy. I do not tell anyone what is discussed in the counselling sessions. I only pass information on to other agencies with your permission. I will ask your child's permission if I need to talk to you about what is discussed in counselling sessions. I do however encourage your child to include you in what you need to know. The younger your child, the more important it is for you to be closely involved in the counselling.

Counsellors also have a duty to avoid harm. I will need to break confidence if your child or someone else is in clear and imminent danger. Whenever possible this will happen after discussions with and preferably with the consent of your child and/or you.

Privacy

Client notes are also kept confidential and are secured in a locked filing cabinet.

Appointments

It is usual for me to talk with a parent before the first counselling session, to talk about the issue and the history of what's happening. This can happen in a face to face meeting or over the phone.

I can counsel your child with or without a parent present, depending on the preference of the child and parent.

Sessions can range between 30 – 60 minutes, depending on the needs of the child. Significant progress in counselling with children and young people often needs at least 3 – 6 sessions. A commitment to quality work over time achieves better outcomes. We review and evaluate progress throughout the counselling process.

It is expected that as much notice as possible is given if your child will be unable to attend their counselling appointment or wants to finish counselling. This is so I can give the appointment to another child.

Emergencies

The counsellor is not an emergency service. In an emergency, if you feel your child is at risk of harm, contact your doctor or talk to Children, Adolescent and Emergency at Hutt Hospital.

Questions or concerns about the counselling process?

- If you have any questions about counselling, contact me.
- If you have any concerns, in the first instance, please talk to me about what is not working for your child or you. If the issue is not resolved please contact the Placement Liaison Person, Hazel Prickett - phone 021 0354 990. Email hazel@mindhealth.org