

Information about the first [assessment] meeting

The initial appointment (sometimes called an assessment) is the first meeting between your child and their counsellor. Its purpose is to help us understand how we can best support your child through counselling.

What the appointment is for

The appointment is not a test and your child does not need to prepare anything in advance. We already have information from the referral, and this meeting allows us to gather some additional detail, directly from your child and, where helpful, from you.

Understanding counselling

During the appointment, the counsellor will explain what counselling is, how sessions usually work, and what your child can expect. This helps children feel more comfortable and gives families a clear understanding of the process.

Questions and concerns

Both you and your child will have the opportunity to ask questions or share any concerns. We want everyone involved to feel informed, reassured, and confident about the support being offered.

Your involvement as a parent or carer

A parent or carer may be invited to attend part of the appointment. This can help us understand the wider context and ensure we are working collaboratively. Your child will also have time to speak privately with the counsellor, which we will explain clearly and sensitively.

Identifying goals and measuring progress

We will ask your child some age-appropriate questions to help:

- identify what they would like help with (their goals for counselling), and
- understand how things are for them at the start of counselling, so we can recognise progress and improvements over time.

This helps ensure the counselling is focused and meaningful.

Other support

Where appropriate, we may suggest other local services, activities, or sources of support that could be helpful alongside counselling.

The counselling venue

To help you and your child feel prepared, you can see photos below of the venue and the room where the initial appointment and future counselling sessions will take place. If you have any questions before the appointment, please don't hesitate to get in touch.

Main entrance



Reception



Waiting area



Therapy room



Another picture of the therapy room



Some things used in counselling/play therapy

