

## What to expect at the first appointment

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At the first appointment with the counsellor it is likely that they will ask some general information about the young person.

They may ask what has been happening in the young person's life, how they are feeling, and what they might like to explore in counselling sessions.

The counsellor will discuss what will happen next and may suggest the young person returns, possibly on a regular basis.

Frankie counsellors aim to provide a service which meets individual needs. They will review how the service is progressing, and see if it is helping.

No one can make a young person come to counselling, it is their decision.

We welcome feedback so that we can continually improve our service for children and young people affected by child sexual abuse, sexual exploitation and female genital mutilation.



**Confidential  
Support  
Guidance**

For more information  
& to refer,  
please contact

✉ [email Frankie@barnardos.org.uk](mailto:email Frankie@barnardos.org.uk)

Frankie  
Counselling  
Service

Frankie  
Workers

Many children and young people who have come to counselling said that they felt better about themselves and better able to cope in their lives.

Frankie  
Workers

A dedicated counselling service for child victims of sexual abuse, aiming to prevent trauma turning into poor mental health.

**Believe in  
children**  
 **Barnardo's**

**For Children and Young People affected by  
Child Sexual Abuse, Sexual Exploitation &  
Female Genital Mutilation.**

Supported by: The Police and Crime Commissioner, Clinical Commissioning Groups and Isle of Wight Council.

## What is Frankie Counselling?

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The Frankie Worker Counselling Service offers therapeutic counselling to children up to the age of 18, who are victims of child sexual exploitation (CSE), child sexual abuse (CSA) or female genital mutilation (FGM).

Our counsellors are qualified and registered with the British Association for counselling and psychotherapy (BACP).

The counsellors work with the individual at their own pace, helping them to explore their thoughts and feelings and understand their past experiences.

Sometimes it can be beneficial to take time out from a current situation to explore what has happened or what might be happening in life. This can sometimes help to see things more clearly.



we're here to help you

## Why Frankie Counselling?

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Frankie Counselling offers a safe, non-judgemental and confidential space where children and young people can talk through their difficulties with someone who is trained to listen.

Our counsellors will help young people to explore any issues by encouraging them to share their thoughts and feelings. They will work with the individual to explore options and positive ways forward, always treating the child or young person with care, consideration and respect.

## What we offer

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- One to one counselling and psychotherapy sessions using a child-centred approach.
- Appointments offered across the island in safe and accessible venues.
- A confidential and safe place to talk.
- Support and guidance through the counselling process at each stage.
- Up to 24 sessions dependent on individual needs.
- Signposting and referral to other services if appropriate.
- We are happy to receive self-referrals as well as referrals from other professionals.

## Are the sessions confidential?

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Everything said in counselling is confidential, however, if a counsellor feels that there may be risk of harm, the counsellor will have to talk to other professionals to ensure the young person's safety.

The counsellor will discuss how the young person can look after themselves between sessions.

## Before the appointment

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Before the first counselling session there may be embarrassment or worry about coming to counselling. This is a normal reaction but asking for help or agreeing to have support takes courage and should be encouraged.

Please remember that counsellors help children and young people to deal with all sorts of issues. If a problem is affecting your life, in any way, then it is important to be as honest as possible in the counselling sessions.

Frankie counsellors are here to help children and young people feel better about themselves, and better able to cope in their lives, to positively thrive and to be happy.

