

## So, what happens in counselling?

In counselling you can talk about anything you want, such as problems and concerns, in a safe place, with someone who will support you. Your counsellors are people who:

- You can trust and be open with;
- Listen to you with compassion;
- Are non-judgmental, they will not blame you for the problem;
- Will assist you with finding strategies to help improve the situation;
- Will support you in your positive changes you decide to make;
- Will assist you in finding more help if required, for example, from a G.P., another counsellor or psychologist outside of the school environment.

## And what about privacy/confidentiality?

Guidance counsellors are trained professionals who are bound by a code of ethics. A part of that code is confidentiality which means that they will not talk to anyone about what you have discussed unless you asked them to, or there are concerns over your or others safety.

If you ever have concerns about the way your counsellor has acted, you should:

- Speak to the counsellor, and/or speak to someone else who you trust, who is in a senior position at school, about what you can do.

## Where to find us:



Whare Hauora (Guidance Dep.) 39 Kahu Road

## Guidance staff details:

### Micha Multhaup

Head of Department, BA, PGDip Tchg. (Sec.) Master of Counselling (First Class Honours), NZAC (Full member)



Mr Multhaup specialises in Solution Focused Therapy (SF), Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), mindfulness practice, and person-centred approaches. He has worked in alcohol and drug counselling, career counselling, and as a guidance counsellor. Before counselling he worked as a tradesperson, a business director and completed military service. He is also a husband and a father of five grown children, loves hiking, sailing, gardening, biking, reading and travelling.

**Monday to Friday- during school hours in term time**

Email: [gui@teams.cbhs.school.nz](mailto:gui@teams.cbhs.school.nz)

Phone: 021 468823 or 03 3485003 ext. 278



### Justin Makinson

BEd, PGDip Tchg. (Sec.), Master of Counselling  
NZAC (provisional member)

Mr Makinson has been developing and delivering community-based youth work for more than twenty years. Most recently teaching in Alternative Education here in Otautahi. He thrives on building meaningful positive relationships and seeing people empowering themselves to develop their lives and communities. He journeys with people from a strengths perspective that facilitates discovery and exploration, with hope that people will achieve their goals and realise their dreams. When whanau commitments allow, he enjoys mountaineering, rock climbing, mountain biking and sea kayaking.

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## Christchurch Boys' High School

### Guidance Counsellors Whare Hauora



## A guide for students, caregivers and professionals

Guidance Counsellors (GC's) are available for you to see at any time you wish during school hours, regarding any matter. The school very much encourages you to go and speak to them.

Most GC's belong to a professional body, which means that they are professionally qualified to help you.

They attend ongoing training, have a supervisor outside of school (someone who supports them in their work), and they follow a set of rules called a Code of Ethics.



**Why Guidance Counselling?** We provide services to students, parents, school staff and the community.

- Individual or group counselling for students;
- Consultation with parents and/or teachers and other educators;
- Referrals to other school support services or community resources;
- School counsellors work as a team member alongside school staff, parents and the community to help create a caring, supportive atmosphere in which students can thrive.

#### Counsellors are essential to the school in ...

- Helping create a safe school environment where students can learn;
- Working with students on attendance issues;
- Coordinating referrals to outside agencies;
- Assisting students in learning how school performance relates to future opportunities;
- Providing support during personal crisis;
- Supporting students and their parents with academic planning/support;
- Encouraging life-long learning
- Supporting teaching staff.

#### How parents or students can contact the guidance counsellors

Parents can call or email the counsellors at any time for a phone conference or to set up a face-to-face meeting.

#### How students get referred to see the guidance counsellor

- Self-referral
- Request of a counsellor
- Parent referral
- Administrative referral
- Teacher or other staff referral
- Referral by friend(s)

***“He taonga ngā rangatahi o Aotearoa”***

*New Zealand’s young people are our treasures*

***Asiyefunzwa na mamae hufunzwa na ulimwengu”***

*- It takes a village to raise a child - (Swahili proverb)*

***“Be kind whenever possible. It is always possible”***

- Dalai Lama

***“Be the change you wish to see in the world”***

- Ghandi

#### Guidance Counsellors can:

- Help you understand your thoughts, feelings and behaviours, and how to change them if desired;
- Help you improve how you feel about yourself;
- Help you improve your relationships;
- Help you reduce your stress/provide you with new strategies to make things easier for you;
- Help you to think about things in new ways, so you can get the best out of situations;
- Help you set and achieve your goals;
- Help you work out strategies and resolve problems.

#### Examples of situations where we can help you/your parents/your teachers:

- *“My parents are getting a divorce. I don’t know what’s going to happen.”*
- *“I’m new here and I’m having trouble making friends.”*
- *“My girlfriend and I are going through some difficult times.”*
- *“One of my mates is doing crazy things and I’m worried about him.”*
- *“My son seems to be addicted to gaming devices.”*
- *“My son does well in classwork and homework, but he can’t seem to pass external exams.”*
- *“The student hasn’t been acting like himself lately. He seems to be preoccupied with something.”*
- *“The student has been absent from school for many school days. He is now having difficulty in school.”*
- *“The student has made worrying remarks and I am concerned about his well-being.”*
- *“A loved one has passed away and I need someone to be with, who understands my grief.”*