



## Welcome

Sometimes life transitions or unexpected crises can seem challenging and we need to turn to others for help.

Counselling provides the opportunity to work through a particular problem. Through the counselling process, you will not only learn new ways to deal with the problems you are facing now, you will also develop skills and new resources to assist you in the future.



Counselling is a way of enabling choice or change or of reducing confusion. In the counselling sessions, students can explore various aspects of their lives and feelings, talking about them freely and openly in a way that is rarely possible with friends or family. Counselling works through helping the client to cope better, not by advising or by providing answers, and not by directing a client.

## Support for International Students

International students are a valued and growing membership of our school community. The Code of Practice and our Catholic character affirm the obligation we have to provide the highest quality pastoral care for them. This includes their physical, emotional and psychological well-being.



The very nature of 'international students' creates a context of risk in that students are living far away from home in a country with a different language, culture and education system. In these circumstances the students are more likely to experience feelings of loneliness, isolation, vulnerability and anxiety. The counsellors at John Paul College have the necessary qualifications and expertise to assess and support international students who may experience a range of emotional and mental health issues.

As part of the orientation programme, all new international students will be personally introduced to a counsellor, where their role and services will be explained. Counsellors will also visit the international form class regularly to reintroduce themselves and offer their services. Students may self-refer to counselling for support at any time.



## How can counselling help?

As counsellors, we believe acceptance and respect for the client are essential. As the counselling partnership develops, so too does trust between the student and counsellor. This is helpful in enabling students to look at aspects of their life and relationships, which they may not have considered or been able to face before.



Our goal is that students understand themselves and their issues better, to get clarity and to get in touch with and develop coping skills and strengths, in order to put plans into action to change their situation.

We will not judge students, and we will offer a safe and confidential environment where students can freely explore issues that may be concerning them. Our desire as counsellors is to provide students with the best service possible and to create a safe environment for them to express themselves and grow.

We take referrals from parents, teachers, deans and students may also self-refer.

## Confidentiality

The John Paul College Counselling Department (JPCCD) provides confidential and professional support to students enrolled at John Paul College. Information regarding their attendance at counselling or consultation details will generally not be disclosed outside the JPCCD without their consent.

However, information relevant to student care and well-being may be shared between the JPC counsellors so that we can work together to provide our young people with the best possible service.



In accordance with professional responsibilities and/or legislation, we may need to disclose details to other persons within the school or external to the school in the following circumstances:

- we have a reasonable belief that there is a risk to student health or safety or that of another person
- there is a legal requirement to do so
- it is necessary for the school to obtain legal advice.

In some of these circumstances, it may not be possible or practicable to seek client consent.

## Record Keeping

We maintain individual JPCCD student files. These will contain records of any contact, key discussion points, outcomes and other relevant information provided during consultation with clients. JPCCD student files are confidential and are kept separate from general student records held by the school





## Nancy Macmillan

(M Couns. University of Waikato.  
Provisional Member – NZAC)

I started my working life as a teacher and began a move into counselling six years ago, studying at the University of Waikato. Since 2014 I have been Head of Counselling at John Paul College, a position I very much enjoy.

My role as a counsellor sees me working closely with students, whanau and teachers, as well as outside agencies, in order to support our young people as they face challenges in their lives.

I work as a Narrative Counsellor. Narrative therapy seeks to be a respectful, non-blaming approach to counselling, which centres people as the experts in their own lives. It views problems as separate from people and seeks to reconnect people with their own skills, beliefs, values and abilities so that they are enabled to travel more smoothly along life's bumpy road.

P: 347 8795 ext 8854



## Neil Carter

(Dip Couns. Bethlehem Tertiary Institute.  
Provisional Member – NZAC)

I have an 18 year history as a community and faith based youth worker, running youth groups and teaching life skills programmes in schools.

I have spent many years working with young people and their families, helping them deal with the issues life throws at them.

I pride myself on being non-judgmental and easy to talk to. My goal is not to tell you what to think or believe, but to assist you in understanding yourself and supporting you as you journey through life.

P: 347 8795 ext 8808

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**Ways we work:**

One to one  
Peers  
Group work  
Co-working  
Narrative Therapy  
CBT  
Motivational Interviewing  
Strengths Based Practice

**Issues we cover in working with students:**

Trauma  
Self Esteem  
Trust  
Gender issues  
Conflict Resolution  
Anxiety  
Mild / Moderate Depression  
Grief, loss and trauma  
Crisis Intervention  
Stress Management  
Anger  
Bullying  
Interpersonal relationships  
Personal development & goal setting  
Behaviour management

