



WELLINGTON
COLLEGE

Out of the Shadows:
The evolving role of the
school counselling service

Wellington College's inaugural conference for school counsellors

Wednesday 22nd March 2017 | 09:30-15:30 | Monro Pavilion, Wellington College, Berkshire

Programme

- 09:30 Registration and Refreshments in the Monro Pavilion
- 10:00 **Welcome**
The Evolution of our Counselling Service at Wellington College
Gill Denne, Adult and Child and Adolescent Psychotherapist and Lead Counsellor at Wellington College
- 10:40 ***How Can Psychiatrists and School Counsellors Help One Another?***
Dr. Andrew West, Consultant Child and Adolescent Psychiatrist, Berkshire Healthcare NHS Foundation Trust
- 11:15 Refreshments
- 11:45 ***The Challenges of School Counselling***
Dr. Harbrinder Dhillon-Stevens, Adult and Child Psychological therapist, Director HDS Therapy Ltd., Berkshire
- 12:45 Lunch
- 13:30 ***Online Coaching and Counselling in UK Secondary Schools***
Jeanette Hennigan, Director of Wellbeing at Berkhamsted School
- 14:10 ***Preparing the Body to Support the Mind. Explaining Adolescence to Adolescents: an Individual and a Whole School Approach***
Rachael Williams, Counsellor at Wellington College and Claires Court Schools
- 14:45 Refreshments
- 15:00 Discussion and Feedback
- 15:30 Close

If you have any queries during the day then do please contact one of the Counselling Team at Wellington College - Gill Denne, Rachael Williams, Maria Storey Walker, Anna Albert and Diana Taylor.



Gill Denne, MA (Cantab), MSc

Gill has worked with children and their families for 30 years - in schools, social services, and via a charity she founded for families of children with cancer or leukaemia. In 1996 she won the European Elpida Prize for innovation in the field of paediatric oncology support. In 1999 she started training as a psychotherapist while working with society's most vulnerable children and young people at a local authority Family Centre, moving on later to run the therapy service

for the Thames Valley area of a large UK fostering agency. She joined Wellington College in 2008 with a vision to create an excellent counselling service, well integrated into the life of the school and has been here ever since! Gill is a UKCP Registered Adult and Child and Adolescent psychotherapist, supervisor and trainer.



Dr. Andrew West, MA (Cantab)

Andrew studied Natural Sciences in Cambridge and Medicine in Oxford and Leeds. For the last 15 years he has been a consultant Child and Adolescent Psychiatrist in the NHS, where he is a trainer and mentor. He believes passionately that psychodynamic processes are invariably present in all helping interactions. He has worked with social services, family centres, prisons, schools and within general hospitals. Alongside a predominantly clinical career he writes

diversely and with a tendency to separate the mixed, mix the separated, and generally "swim upstream". Recent interests include the culture of healthcare, values based practice, qualitative research, Therapeutic Attitude, and the importance of subjective experience in wellbeing.



Dr. Harbrinder Dhillon-Stevens, DPsych (Prof), AFBPsS, MSc, BA (Hons)

Harbrinder is a BPS Registered Associate Fellow and Chartered Psychologist, HCPC Registered Counselling Psychologist, UKCP Registered Integrative Psychotherapist (Adults), UKCP Registered Child Psychotherapist and HCPC Registered Child Art Psychotherapist. She has a Doctorate in Psychotherapy and was Senior Lecturer on the Postgraduate Diploma/MSc in Social Work at South Bank University

for twelve years focusing on child care and child protection. She was also Senior Lecturer in Psychotherapy & Counselling Psychology at the University of Roehampton for 10 years. For the last 21 years she has taught at the Metanoia Institute and currently is a tutor on the Doctorate in Counselling Psychology and Psychotherapy (DCPsych).

Harbrinder runs a private clinic (www.hdstherapy.com) and undertakes training, research, supervision and therapeutic work with children, young people, adults & families. She is an expert witness in working with children and families in assessment and therapeutic treatment. She has worked in primary and secondary schools and currently works with several boarding schools in Surrey and Berkshire.

Harbrinder has published in the field of psychological therapies and has supervised and examined several doctoral projects in psychological therapies. She has a strong commitment to Anti-oppressive Practice and contextual issues are central in her Integrative Framework.



Jeanette Hennigan, MSc, BSc (Hons)

Jeanette is currently Director of Pupil Wellbeing (previously Lead School Counsellor, Psychotherapist and Coach) at Berkhamsted Schools Group. She is a Doctoral Candidate of Psychotherapy by Professional Studies at Metanoia Institute and won the British Association of Counselling and Psychotherapy's (BACP) New Researcher Award in 2015 for part of her Doctoral research into online therapy in schools. She is an accredited therapist (BACP,

BABCP, BPsS), Supervisor, Tutor and Trainer and Mindfulness in Schools Teacher.



Rachael Williams, Dip. Couns.

Rachael has worked with children in educational settings for the past 12 years. She has been at Wellington for 5 of those, and at Claires Court schools in Berkshire for over 10 years in the role of school counsellor. She has run training courses for teachers, alongside her sister, and they have presented at the ACBS International conference in Berlin, and in Edinburgh, on their experience of introducing a whole school approach to well-being: from the teachers, down and

from the pupils up. They hope to be running a workshop in Seville in the summer at the next International conference. Rachael has also consulted on, and is a trainer for The School Performance and Wellbeing Alliance (SPWA), which has recently piloted well-being teacher training at schools belonging to the London Day Schools Trust. Rachael holds a Diploma in counselling and is a BACP accredited counsellor.

