



SAFEGUARDING CHILDREN POLICY

for

The Counselling Pastoral Trust

& Schema Therapy Institute

1 Introduction

1 Schema Therapy Institute is a not-for-profit organisation run by the Counselling Pastoral Trust (CPT):

The Counselling Pastoral Trust (CPT) is a Company Limited by Guarantee, founded on 27th August 1993, registered in England and Wales, number: 2848495.

CPT is also a Registered Charity number: 1027526. CPT's Registered Office address is First Floor, 116 Long Acre, Covent Garden, London WC2E 9PA

2 Like CPT, the Schema Therapy Institute is based at First Floor, 116 Long Acre, Covent Garden, London WC2E 9PA

3 CPT is managed by a Board of Trustees (the Board). One of the trustees (Cathy Vasey) has particular responsibility for safeguarding children.

4 The Board has adopted this safeguarding children policy and expects every adult working or helping at CPT / the Schema Therapy Institute to support it and comply with it. Consequently this policy shall apply to all staff, managers, trustees, directors, volunteers, students or anyone working on behalf of CPT / the Schema Therapy Institute.

2 Purpose of the Policy

1 This policy is intended to protect children and young people who receive any service from us, including those who are the children of adults who may receive services from us.

2 As an organisation we believe that no child or young person should experience abuse or harm and are committed to the protection of children and young people and this

policy is intended to provide guidance and overarching principles to those who represent us as volunteers or staff, to guide our approach to child protection and safeguarding.

3 The risks to children

Nearly every child grows up in a safe and happy environment and it is important not to exaggerate or overestimate the dangers. Nevertheless, there are situations where children need protection including:

- - Sexual abuse
 - Grooming
 - Physical and emotional abuse and neglect
 - Domestic violence
 - Inappropriate supervision by staff or volunteers
 - Bullying, cyber bullying, acts of violence and aggression within our schools and campuses
 - Victimisation
 - Self-harm
 - Unsafe environments and activities
 - Crime
 - Exploitation

4 Universality of Protection

We recognise that:

- - the welfare of the child is paramount
 - all children regardless of race, gender, religious belief, disability, age, sexual orientation or identity have a right to equal protection from harm.
 - some children are more vulnerable to harm as a result of their circumstances, prior experiences, communication needs or level of dependency.
 - working with children, young people, their parents and/or guardians, carers or other agencies is essential to protecting their wellbeing.

5 Safeguarding children in counselling and associated activities (group therapy, family therapy)

1 There are different kinds of counselling and associated activities:

1.1 family therapy

1.2 counselling that is open to adults

1.3 counselling for children accompanied by a 'parent',

1.4 counselling for unaccompanied children aged 16 and above, which are sometimes run alongside other forms of counselling including family therapy.

2 During counselling for children, children under 16 must be accompanied throughout by an adult over the age of 18 who not only brings the child but also takes the child home again afterwards. Young people aged 16 or 17 may attend unaccompanied if they bring the written consent and mobile telephone number of one of their parents.

3 During counselling for children accompanied by a 'parent', children under 16 must be supervised throughout by an adult over the age of 18 who not only brings the child to counselling but also takes the child home again afterwards. If a lone adult brings more than one child, then the children will have to stay together, so that the one adult can supervise them. Young people aged 16 or 17 may attend unaccompanied if they bring the written consent and mobile telephone number of one of their parents.

4 During counselling for unaccompanied children, children under the age of 16 must be registered by a responsible adult before being left with the counsellor. The enrolment must record the child's name, age and address and the names and addresses of the child's parents, plus the parents' mobile telephone numbers. Young people aged 16 or 17 may attend unaccompanied if they bring the written consent and mobile telephone number of one of their parents.

5 Counselling and associated activities are to be defined broadly to include any occasions where CPT/the Schema Therapy Institute will be providing a service.

6 Disclosure and barring

1 CPT and the Schema Therapy Institute offers the following activities for children:

Family Therapy
Counselling/Schema Therapy
Group Counselling/Schema Therapy

2 Some of our activities may therefore require adult participants or adult leaders to undergo DBS and/or police checks under the Safeguarding Vulnerable Groups Act 2006. The required level of checking (if any) will broadly reflect the degree and frequency of unsupervised access given to other people's children.

3 The Board will take very seriously any allegation of impropriety on the part of any member of Schema Therapy Institute. A member of Schema Therapy Institute who discovers anything amiss should get in touch immediately with the following:

Ms Cathy Vasey

4 The Board will review the allegation and the likely risk to children and, if appropriate, will consider banning the member from future events or revoking his or her membership or both, but only in full accordance with the rules and procedures of CPT and the Schema Therapy Institute.

7 Health and safety aspects of safeguarding children

1 Before starting any counselling for unaccompanied young people, Ms. Vasey on behalf of the Board will carry out a risk assessment and then take steps to minimise all risks to health and safety. Parents and children will be made aware of any particular risks and of the steps to be taken to minimise those risks. The Board will keep a record of all risk assessments.

2 Sufficient adults must be present on site during counselling for unaccompanied young people to enable one adult to deal with any emergency while another supervises young people not directly affected by the emergency.

9 Policy on the prevention of bullying

We will not tolerate the bullying of children either by adults or by other children. If any incident of child-on-child bullying should arise during activities organised by CPT or the Schema Therapy Institute, those involved will be separated immediately and the parents of the children involved will be asked to deal with the matter. The Board will review all incidents of child-on-child bullying and assess the likely future risk to children. If appropriate, the Board will consider banning a child from future counselling, but only in full accordance with the rules and procedures of CPT / the Schema Therapy Institute. Allegations of adults bullying children will be dealt with under paragraph 6.3 above.

10 Photographing of children

No photos will be taken or published of any child attending any counselling or activity unless prior written permission is sought from a person with parental responsibility. If any person has any concerns regarding any person taking photos at an event or during a counselling session or activity, that person should contact CPT/ the Schema Therapy Institute immediately.

11 Managing behaviour, discipline and acceptable restraint

1 Adults providing counselling for, or supervising children at CPT/ the Schema Therapy Institute must never use any form of physical punishment. If physical restraint is absolutely necessary to prevent injury to any person or to prevent serious damage to

property, then the minimum necessary restraint may be used — but for that purpose only.

2 In the unlikely event of unaccompanied young people being involved in unacceptable behaviour at CPT/ the Schema Therapy Institute this will generally be stopped by separating the young people from each other and from the group. The miscreants will be suitably supervised and will be returned as soon as possible to the care of their parents.

3 CPT/ the Schema Therapy Institute may apply a further disciplinary sanction; namely the banning of the young person from one or more future sessions over the following 6 months.

4 A parent who is aggrieved by this ban may appeal to CPT/ the Schema Therapy Institute who will hear the views of all relevant persons. The decision of CPT/ the Schema Therapy Institute is then final.

12 Other Policies

This safeguarding policy should be read together with the following policies and resources:

Background (DBS) check

13 Legal Framework

This policy has been drawn up in accordance with the following:

- - Children Act 1989
 - United Convention of the Rights of the Child 1991
 - General Data Protection Regulation
 - Human Rights Act 1998
 - Sexual Offences Act 2003
 - Children Act 2004
 - Safeguarding Vulnerable Groups Act 2006
 - Protection of Freedoms Act 2012
 - Children and Families Act 2014
 - Special educational needs and disability (SEND) code of practice - Guidance on the special educational needs and disability (SEND) system for children and young people aged 0 to 25, from 1 September 2014
 - Information sharing: advice for practitioners providing safeguarding services
 - Working together to safeguard children (2017)

NOTE: This Policy was approved by the following officer on 22/10/2018 and is due for review every 18 months: Ms Cathy Vasey