



## How can counselling help?

A counsellor can help you to:

- Improve how you feel about yourself
- Think about things in new ways
- Do things differently
- Improve friendships and relationships
- Reduce your stress
- Open new options or directions
- Plan and set goals
- Explore your thoughts, feelings and behaviours
- Get to know yourself better and grow your strengths, values and abilities

## Carmel Counsellors



**Shannon Mawdsley**

Has a Diploma of Counselling from Laidlaw College and has previously been a PE teacher, a Youthworker for the Salvation Army and team leader at Harbour Sport.

She has been involved with young people all her life and delights in seeing them discover their identity and realise their potential.

Email her on [smawdsley@carmel.school.nz](mailto:smawdsley@carmel.school.nz)

Text her on 0223700566

OR leave a note in the box outside her office to make an appointment.

Shannon does not work on Friday.



**Carolyn Purdie**

Has a post graduate diploma in counselling from Auckland University. Previously a foods teacher and year 9 Dean at Carmel College. Carolyn worked at Carmel for many years and has a passionate interest in assisting girls in this school to find their inner strength and use this to reach their goals.

Email her in [cpurdie@carmel.school.nz](mailto:cpurdie@carmel.school.nz)

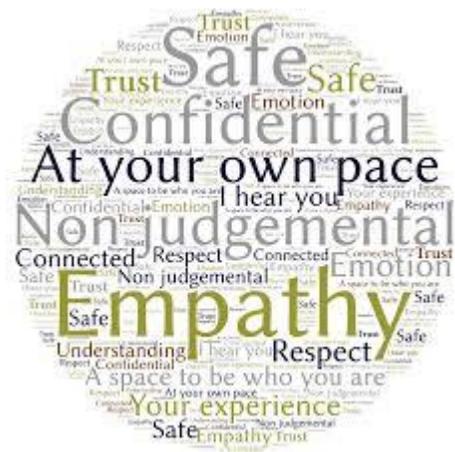
Text her on 0220748663 to make an appointment.

Carolyn works Wednesday and Friday.



## CARMEL COLLEGE COUNSELLING SERVICE





## What happens in counselling?

Having someone to talk with about life can be invaluable to discover new things about yourself, your strengths, your abilities and values, to help solve problems, explore and regulate emotions

Through talking, sandtray, symbol work, drawing and other creative activities you will be well heard and able to find your own answers to the problems that are troubling you.

Short term targeted assistance is also offered for specific issues like:

- Time management
- Stress
- Anger
- Worry
- Study Skills
- Problem Solving
- Goal setting

## What will the counsellor be like?

Your counsellor will listen carefully, be trustworthy and non-judgemental. They will try to see things from your perspective, encourage you to make your own decisions and support you with any changes you decide to make.



## Confidentiality

The counsellors at Carmel belong to professional counselling associations and are bound by confidentiality. This means no-one else is told about your private information without your permission or knowledge.

Counsellors may need to talk through with you how best to support you. At times this could include involving someone else, with your knowledge and permission.

Very rarely, when you or someone else is in serious danger, counsellors cannot keep this confidential, because of their duty to prevent harm. If at all possible they will talk this through with you before acting.



## What do I do if I am unhappy with the Carmel Counselling Service?

Speak to the counsellor

Talk to someone you trust who is in a senior position in your school about what you could do.

If you still have concerns you could contact NZAC Box 25154, Wellington 6146 or NZCCA PO Box 68 773 Newton, Auckland 1145