



The Team



Miss Bayne
Mental Health Practitioner
(School Counsellor)
MBACP Registered



Alex Patterson
Art Psychotherapist
BAAT / HCPC Member



Michelle Williams
Trainee Counsellor
(Sixth Form Only)
BACP Student Member



Faye Barsby
Trainee Counsellor
(Sixth Form Only)
BACP Student Member

Miss Bayne

School Counsellor



Hello everyone,

My name is Miss Bayne.

I am the Mental Health Practitioner in school and qualified Counsellor.

I use a person-centred approach to counselling as I believe this helps build a positive therapeutic partnership and allows you, the client, to have autonomy over your journey within the counselling process. I do use elements from other approaches such as cognitive behaviour therapy, solution focused therapy and psychoeducation.

Are you feeling overwhelmed? Worried? Distressed? If you would like to talk to someone about your feelings, discuss your problems and find a way forward without the worry of being judged. Counselling could be for you!

Alex Patterson

Art Therapist



Hi everyone,

My name is Alex Patterson.

I am a qualified Art Psychotherapist and have been working in education, care and community settings with children, young people, and adults since 2010.

Art Therapy is a form of psychotherapy that uses art media as its primary mode of expression. It is a mix of art making and talking led by the client. The creative process can help to communicate complex emotions that may be difficult to put into words. Art Therapy can help people to understand and make sense of their feelings and experiences, this can facilitate growth and change and help build resilience.

My role is to provide a safe and secure space for the client to play, explore and express themselves in their own unique way.

Michelle Williams

Trainee Counsellor



Hi everyone,

I'm Michelle and I am currently at Leeds Beckett University training to be a counsellor, doing a placement here at PGS.

I used to be a teacher, but I found that I enjoyed spending time listening to my students more than teaching them, so I decided to retrain.

Mental health is really important to me, and I know how much it impacts on what goes on in school which is partly why I wanted to do my placement with students. I also understand how hard it can be to open up to people you feel close to. Seeing a counsellor gives you the space to be truly honest without fear of judgement.

My main approach to counselling is person-centred but I do integrate some aspects of other approaches if I think they'll be helpful for my clients.

So, if you're struggling or worried or feel like things are not quite right with you at the moment, maybe counselling could help. I'm more than happy to be there for you.

Faye Barsby

Trainee Counsellor



Hi there!

My name is Faye and I'm a Trainee Counsellor, currently working towards a Postgraduate Diploma in Counselling and Psychotherapy at Leeds Beckett University.

I have worked in schools and colleges for the last ten years, in pastoral and welfare roles, helping students through difficult times during their studies. I use a predominantly Person-Centred approach in my work and believe in putting you at the centre of your therapy. I might draw upon some different approaches and ideas if I think this might be useful to you, and we can talk about what works for you and what isn't so helpful.

If you need to talk, I'm here to listen.

Adam Gillett

Assistant Principal: Personal Development

Qualifications/Training

First Class Honours Degree (History and Politics)

MLITT Distinction (History)

MA Distinction (School Leadership in Mental Health)



Profile

Hi everyone, I'm delighted to lead the mental health provision at PGS. I have a first-class honours degree in History and Politics from Newcastle University where I won the William Laurence Burn Award for outstanding achievement. Whilst at university I started a translating and tutoring business and won both the Northeast Business Plan and Northeast Young Entrepreneur Award. I was then awarded a fully funded masters in history from the Arts and Humanities Research Council which I completed with distinction. After completing my teaching qualification, I worked my way up to Assistant Principal and have worked in Barnsley for 12 years.

I recently completed the MA in School Leadership in Mental Health and Wellbeing at Leeds Beckett which is one of my proudest achievements. I was then asked to be part of an Expert Research Group for the Department for Education. I am incredibly proud of Penistone being awarded the Gold Award for Mental Health from Leeds Beckett. This has included introducing staff and student wellbeing ambassadors, engaging 25 external agencies and developing an in-depth quality assurance system.

I have worked with the Local Authority where I helped to introduce the Early Intervention Panel, which I chaired, which met monthly and was represented by all secondary school, CAMHS, social care, educational psychology, education welfare and a range of other support services.

As a school we have put in a range of support for our staff and students, including –

- Staff Wellbeing Ambassadors.
- Rigorous assembly and mentor time plan.
- Dedicated school mental health practitioner.
- 25 external agencies.
- Art therapy.
- Thrive trained staff.
- Enrichment activities to support positive mental wellbeing.

Louise Bayne

Mental Health Practitioner

BACP Registered Counsellor

Qualifications/Training

PG Diploma in Counselling & Psychotherapy (Leeds Beckett University)

PG Certificate in Counselling & Interpersonal Skills (Leeds Beckett University)

BA Hons Fine Art (Leeds University)

Registered SandStory Therapist

Profile

Hi everyone, my name is Louise, and I am the Mental Health Practitioner here at Penistone Grammar School. As part of this role, I lead the internal counselling provision. I will generally have a caseload of 15 students at a time and alongside this support two trainee counsellors with their case load of 2 to 4 students each of students from our Sixth Form.

Counselling provides young people with a safe, relaxed and accepting space to voice their thoughts and opinions. It gives young people a place where they can be heard and feel understood, to have their feelings validated, and gives an opportunity for self-reflection. It also gives information that can help with decision-making.

Students who have accessed school counselling have said they have felt calmer, unburdened, less distressed and feel relationships, coping levels and school life has improved.

I am passionate about supporting young people to overcome struggles with their mental health. I started my career as a Youth Worker which then led to working in schools in several Pastoral roles and ultimately to the path of becoming a Counsellor.

I use a person-centred approach to counselling as I believe this helps build a positive therapeutic partnership and allows you, the client, to have autonomy over your journey within the counselling process. I do use elements from other approaches such as cognitive behaviour therapy, sand story therapy and psychoeducation. This allows you, the client, to get the most out of your sessions as I integrate different therapeutic tools and tailor the sessions to your needs as much as I can.

If you would like to talk to someone about your feelings, discuss your problems and find your own way forward without the worry of being judged. Counselling could be for you!

Students – please read ‘A Guide to Counselling for Young People’ to give you more insight on the counselling provision at PGS.

A Guide to Counselling for Young People

Counselling is a talking therapy which gives a young person the opportunity to talk about how they feel without the fear of judgement. During counselling sessions, you will be free to explore your feelings, thoughts, and experiences. This can help you to make sense of what is going on in your life and give you a safe place where you can talk about difficult feelings, get things off your chest, and find ways of coping when things are challenging.

At Penistone Grammar School we use a person-centred model of counselling. This approach means we do not judge you or ever tell you what to do. Instead, we listen and try to see things from your point of view, while providing support to help you find your own answers.



Parental involvement in therapy

As you are accessing your counselling via school, in most cases it is usual to have a triangulation contract between the young person, caregiver and therapist. This does not mean the caregiver will be told information about what is shared during counselling sessions. Wherever possible the therapist will respect the rights of the young person, boundaries, and confidentiality.

If a young person is at risk of harm or knows of others who are at risk, then this would lead to confidentiality being broken. However, the therapist will always discuss this with the young person and support in the best way possible.

Within school any safeguarding concerns are shared with the safeguarding team who then take a lead on any next steps. The best interests of the young person/s involved are also at the heart of these conversations and decisions.

What happens in counselling sessions?

Each therapist has their own style and approach which they use and each young person who comes to counselling has their own personality, interests, and things they want to explore.

Young people choose what they want to share within the sessions and the therapist will support exploration of thoughts and feelings by using different methods. This might include worksheets, arts & crafts, sand story, goal setting and learning self-help techniques.

At PGS we offer a block of up to 12 sessions which are usually once per week, with each session lasting around 50-60 minutes.



What is your role in counselling?

You will need to be a willing and active participant in your counselling sessions. This will involve exploring your thoughts and feelings, your view of yourself and the world around you. It may involve exploring your relationships with family and peers.

You know you the best! Your counsellor will do their best to understand you and what things are like for you. They will likely get a sense of how you might be feeling, however, you will need to let your counsellor know what is on your mind, what is troubling you and what you feel is working for you or not.

If you can be open minded to trying new things, getting involved in activities and trying out suggestions outside of the counselling session this may help you get the most out of therapy. You may want to set goals and having a positive attitude to change will help you with your counselling journey.

Why may you want to access counselling?

Young people access counselling for a variety of reasons which may include:

- Bereavement.
- Low moods.
- Anxiety.
- Friendships.
- Home life.
- A combination of the above plus many more.

What young people have said about Counselling?

Young people have said that counselling helps with:

- Giving them a confidential space with someone to talk to.
- Allowing them to express their thoughts and feelings.
- Allowing them to voice their opinions.
- Reducing worries, stress and/or anxieties.
- Development of coping mechanisms.
- Working through problems.
- Uplifting their moods.
- Increased confidence.

To access counselling the first step would be to talk to your Student Support/Engagement Officer who can make a referral if deemed appropriate or drop in to see Miss Bayne to seek further advice.

References

Kirkbride, R. (2018) *Counselling Young People: A Practitioners Manual*. SAGE. London.

[Free counselling for young people — Open Door Counselling](#)

[Counselling & Therapy | How To Access Therapy | YoungMinds](#)