



REFLECTIONS COUNSELLING LTD SAFEGUARDING POLICY STATEMENT

Introduction

Reflections Counselling Ltd promotes a culture of safety, equality and respect for children, young people and vulnerable adults (hereafter referred to as clients) who enter a therapeutic relationship with us.

This reflects our ethos of working with clients in a person-centred way. The purpose of this policy statement is:

- to ensure clients entering a therapeutic relationship with Reflections Counselling Ltd are protected from harm (including physical, emotional and sexual abuse and neglect)
- to provide clients with principles that guide our approach to safeguarding
- to provide an outline of the processes which will be followed should a safeguarding concern arise. We believe no one should ever experience abuse of any kind and promote the welfare of all our clients to keep them safe. We recognise that some children, young people and adults can be particularly vulnerable to harm, and we commit to take reasonable and appropriate steps to ensure their wellbeing

Legal Framework

This policy has been prepared with reference to legislation, policy and guidance that protects children, young people and vulnerable adults in England, whatever their age, culture, disability, gender, racial origin, religious belief or sexual identity, from harm. A summary of key legislation/advice includes, but is not limited to:

- Working together to Safeguard Children 2018
- Keeping Children Safe in Education Part 1 (2022 updates)
- The Children Act 1989 & 2004
- Children and Social Work Act 2017
- What to do if you are worried a child is being abused (Department of Education advice for practitioners) 2015
- The Equality Act 2010
- The Autism Act 2009
- UN Convention on Rights of the Child 1989

- The Care Act 2014
- Domestic Abuse Act 2021

Supporting Documents:

This policy should be read in conjunction with Reflections Counselling's other policies:

Privacy Policy

GDPR Policy

We seek to keep clients safe by:

- ensuring we are trained and qualified in therapeutic counselling by having theoretical knowledge and understanding
- ensuring we have a theoretical knowledge and understanding of neurodiversity including autism and the heterogenous nature of the autistic neurotype in a social model approach, including how the autistic neurotypical differs to neurotypical profiles; awareness of differences in social communication and interaction; perspective taking; sensory sensitivities; use of evidence-based strategies to help unpick these differences to ensure effective shared understanding
- ensuring we receive regular supervision and have access to on-going continued professional development (CPD)
- ensuring we have valid enhanced disclosure barring (DBS) service checks in place
- developing effective procedures to respond to safeguarding concerns
- ensuring we understand and adhere to the professional and personal boundaries within our therapeutic relationships
- having documented guidelines on effective counselling practice, boundaries and confidentiality
- recording and storing information professionally and securely
- sharing relevant information and concerns as required legally with any individuals or agencies who need to know, including partner organisations
- actively listening to the views of our clients, taking account of their wishes when reaching decisions that affect them as individuals, in-line with legislation
- applying Health & Safety measures to ensure all activities are delivered in a safe and supportive environment
- ensuring our clients and their families know where to go for help if they have a concern
- regularly reviewing and updating our safeguarding procedures and policies using a safeguarding checklist tool <https://learning.nspcc.org.uk/safeguarding-checklist>

Wendy Boorman (Director)

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