

PRACTICALITIES OF COUNSELLING  
CHILDREN AND YOUNG PEOPLE:  
EQUIPMENT FOR THE PERIPATETIC  
COUNSELLOR  
- Sue Lewis



onlineevents  
Learning Together Online

Resource Guide

# About Sue Lewis

Since qualifying as a counsellor in 1998, Sue has worked with children, young people and adults in a variety of contexts. This includes working in the NHS, the Voluntary Sector, Employee Assistance Programmes and in Private Practice.

For 9 years Sue was employed by Relate's young people's counselling service, providing counselling in primary and secondary schools. She currently works on a self-employed basis as a secondary school counsellor, as well as seeing adults, children and young people in private practice in Derbyshire.

Sue is a senior accredited counsellor and supervisor with BACP. Sue has been supervising since 2004, both privately and for organisations. This includes offering individual and group supervision to counsellors working with young people. Having previously worked as a primary school teacher, Sue has worked with children and young people all her working life.



**Sue Lewis**

# Event Details

Having collected various resources to support her work as a school counsellor over the years, Sue will share some of these with you and talk about their use, as well as sharing some very practical tips on transporting equipment and managing mess. This session will be of most relevance to those working with children of Primary School age, but may also be useful to those working with younger or less emotionally mature clients of Secondary School age.



# Resources for working with Children & Young People

Large wipe clean tablecloth

Felt pens, crayons, paper

Poster paints, watercolour paints and brushes

Apron

Prit stick, Sellotape, scissors

Small white board and pens

Play doh, rolling pin, cutters

Clay and clay board

Plastic sand tray with lid (Really Useful Boxes)

Play Sand (ToysRUs)

Plastic farm animals, dinosaurs, soldiers, fences

Shells, stones

Miniature wooden + Plastic people

Various other miniatures + vehicles

Russian Doll

Stress balls + “tangles”



Therapeutic Games: All about Me (Barnardos)

Totika

Wiki stix

Therapeutic books: The Huge Bag of Worries, Virginia Ironside

Muddles, Puddles and Sunshine, Dianna Crossley (Bereavement, Winston's Wish)

Always and Forever, Alan Durant (Bereavement)

Hand puppets (The Puppet Company)

Finger puppets

Jam Jars, salt, chalks (for "memory jar")

Dustpan and Brush

Rucksack

Large Bag (Forever Vintage Jumbo Storage Bag)

Small clock

Luggage trolley

Really Useful Storage boxes

"Do not Disturb" sign for door

Child Outcome Rating Scale

(<https://heartandsoulofchange.com/content/measures/login.php>)



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