

Mental Health support is available to staff at Gordon's School through the COUNSELLING SUPERVISION service run by Sam Simpson.

Supervision offers a safe place to explore, within a confidential and professional conversation, the impact of the work that you are experiencing within your role. Offering a space for reflection, enquiry and challenge, supervision occurs with the same person, in the same place and repeatedly for the purpose of thinking about how you are undertaking and feeling about your role in school. Regular and on-going opportunities to reflect on all aspects of your work in-depth will support you to develop the skills, qualities and personal resourcefulness to work effectively, safely and ethically. As such supervision is integral to good practice and fosters an integrated culture of support within the school.

Counselling supervision is available to all staff at Gordon's School on a monthly basis during term time. Supervision sessions last for 50 minutes and are with the same counsellor on the same day of the week each month. Requests for counselling supervision can be made through the Medical Centre.

SAM SIMPSON MBACP

Sam is a person centred counsellor, supervisor and trainer with many years' experience of working in the public, private, education and voluntary sectors.

In addition to her work at Gordon's School, she has an independent practice in Teddington, Middlesex, where she offers both short and long-term counselling to young people and adults, as well as supervision to trainee and qualified health professionals and counsellors. She is also a Primary Tutor on the BA (Hons)/Diploma in Person Centred Counselling at Metanoia Institute.