



### *“Will you tell my mom that I came to see you?”*

a girl recently asked me in a therapy session. This is a rather tricky question and the answer is unfortunately not as straightforward as most learners would want it to be. Most **learners come to see me because there are some sort of emotional, familial or academic difficulties for them**. In therapy the aim is to help the learner gain equilibrium and the sense that they can manage challenges that they might stumble upon in life. If a learner’s main challenge is a difficult relationship with a parent it is understandable that they would want to know that the information they share with me is confidential.

According to the ethical code of the Health Professions Council of South Africa all registered psychologists must maintain client confidentiality. There are however exceptions to confidentiality which include: threatening to harm oneself or others or if the court of law requests information from a psychologist. In these instances the psychologist must act in the best interest of their client, while abiding by the law. For learners under the age of 14 years parental consent must be obtained.

There are many questions that I am asked about psychotherapy at the DSJ. Here are some questions and answers to assist you in deciding if therapy is the best step forward:

#### ➤ *Will you tell my teacher what I tell you?*

In all aspects I strive to uphold the best interests of the learner, so if I believe that you will benefit from me speaking to your teacher I will ask if I may speak to your teacher.

#### ➤ *How often will I have therapy?*

Therapy is scheduled for 40 minutes during class once a week. Sessions are also sometimes scheduled in breaks and before school. The school offers 6 sessions of therapy.

#### ➤ *How are people referred to you?*

There are three ways in which a person can be referred for therapy: 1) A person can choose to come themselves, 2) teachers or other staff members can refer learners by completing the referral form found in my pigeon hole, 3) parents can refer their children for therapy by contacting me in person, telephonically or via e-mail.

#### ➤ *What is the fee for the therapy session?*

The school covers the costs for therapy sessions, so there is no fee payable. A fee is payable if a psychological assessment is required. This can be discussed with Frau Fleck of the Förderzentrum.

#### ➤ *How can I contact you?*

My office hours are as follows:

Mondays 07:00 – 13:00 - Wednesdays 07:00 – 13:00 / 14:00 - Fridays 07:00 – 14:00

I can be contacted telephonically (011 726 6220) or via e-mail ([froschaueru@dsjmail.co.za](mailto:froschaueru@dsjmail.co.za)). For more information about referral procedures in Kindergarten, Vorschule and Grundschule please speak to Chrissi Gießen-Hood ([askchrissi@gmail.com](mailto:askchrissi@gmail.com)) or visit our website:

<http://www.dsj.co.za/en/education/Phoenix.Centre/Enrolment-Form.html>