

**Cyflwynwyd yr ymateb hwn i ymgynghoriad y [Pwyllgor Plant, Pobl Ifanc ac Addysg](#) ar [Flaenoriaethau'r Chweched Senedd](#)**

**This response was submitted to the [Children, Young People and Education Committee](#) consultation on [Sixth Senedd Priorities](#)**

**CYPE SP 117**

**Ymateb gan: Cymdeithas Cwnsela a Seicotherapi Prydain**

**Response from: British Association for Counselling and Psychotherapy**

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Beth yn eich barn chi yw'r prif flaenoriaethau neu'r materion y dylai'r Pwyllgor eu hystyried yn ystod y Chweched Senedd? Os oes modd, nodwch eich barn o ran sut y gallai'r Pwyllgor fynd i'r afael â hyn.

What do you consider to be the main priorities or issues that the Committee should consider during the Sixth Senedd? Where possible, please set out your view about how the Committee could address them.

**Thema 1: Addysg oedran ysgol | Theme 1: School-age education**

**Thema 2: Addysg bellach ac addysg uwch | Theme 2: Further and higher education**

**Thema 3: Iechyd a lles, gan gynnwys gofal cymdeithasol (i'r graddau y maent yn ymwneud â phlant a phobl ifanc) | Theme 3: Health and well-being, including social care (as they relate to children and young people)**

Following on from the Mind over Matter report produced by the committee in 2018, it would be useful to review the impact on the pandemic on CYP mental health, specifically in relation to school and community-based counselling. The landscape has greatly changed within the last two years, with a workforce of children and young people trained counsellors now competent and proficient to deliver counselling online, providing more choice of delivery styles for young people who may opt for these services (digital poverty and access to confidential spaces remaining an issue). Client choice re mode of delivery would therefore be one priority to look at for school aged children.

It was noted in the 2018 report that young people felt there was "nowhere near enough counselling" available (p23), with other concerns highlighted that GP's "bounce" young people back to school for support (p59). Having wider access to counsellors within GP surgeries would be worth exploring, as well as further investment



in training opportunities for additional children and young people counsellors (including access to Welsh speaking counselling courses).

Children and young people should continue to be consulted to find out where they would like counselling services to be provided, then help shape provision.

Regarding the key recommendations of the 2018 report, BACP are supportive of government funded access to counselling for primary aged children and believe the committee should prioritise children's voices to highlight the need for such provision as early as possible.

Priorities for the next five years include reviewing the evidence and key recommendations from the Cardiff University School and Community Counselling Evaluation (which includes feedback from counsellors, school staff and young service users) and potentially hold an inquiry to talk about counsellor's experience of provision considering the pandemic.

#### **Thema 4: Plant a phobl Ifanc | Theme 4: Children and young people**

