

Canterbury Award 2015 Sue Blackburn, Beta Chapter.

School based counselling in the UK is - at present - the most important way in which young people suffering from emotional health problems access psychological help. Some 70-90,000 cases are seen in secondary schools each year, primarily young teens in their critical transition years (Cooper, 2013). 75% of mental ill health has developed by 18, over half starting before age 14 (Murphy & Fonagy 2012). Future in Mind, the Government report of the Children & Young People's Mental Health and Well-Being Taskforce (DoH, 2015) identified that early intervention could prevent lower educational attainment and made a strong economic, social and moral case for timely, clinically effective, mental health support when young people and children need it.

My project on young people and transition continues work started in Feb 2014 offering free counselling to 15-18 year old students at Paignton Community & Sports Academy, Torbay, forming part of my placement during a four year training as a counsellor and psychotherapist. The work at this stage of the project involves the on-going provision of counselling to a vulnerable young student from this a deprived area, seeing him through a crucial transition year (Year 11).

The Canterbury Award 2015, by providing support for travel, will therefore enable me to:

- Complete clinical hours in my personal training as a Counselling Psychotherapist at the Heartwood Centre for Counselling & Psychotherapy Training at Dartington Hall in Devon;
- Support my young client to complete his GCSE's through my school counselling placement at the Tic Tac Teenage Advice Centre, Paignton Community & Sports Academy in Torbay and during his important transition to South Devon College, where he has been accepted onto their vocational programmes in the construction industry.
- Build a professional network with the School and College supporting my own career development.

I am sincerely grateful to DKG (GB) - and particularly to the Beta Chapter for their enthusiastic support - in helping me continue my work in this field.