



Safeguarding Policy

Rising Hope Counselling
Rachel Herbert MBACP
Sole Trader

1. Purpose of This Policy

Rising Hope Counselling is committed to safeguarding and promoting the welfare of **children, young people, and adults at risk**. This policy outlines how safeguarding concerns are recognised, responded to, and managed in line with **legal obligations**, the **BACP Ethical Framework**, and best practice guidance.

Safeguarding is everyone's responsibility, and this policy reflects my commitment to ethical practice, client safety, and professional accountability.

2. Scope

This policy applies to all counselling services provided by Rising Hope Counselling, including:

- Adults
- Young people (where applicable)
- Vulnerable adults / adults at risk

Safeguarding responsibilities apply whether concerns arise:

- Inside or outside of sessions
- From what a client discloses directly
- From observations, behaviours, or third-party information



Ethical Framework and Legal Context

This policy is informed by:

- **BACP Ethical Framework for the Counselling Professions**
- The principles of **non-maleficence, beneficence, trustworthiness, accountability, and justice**
- Relevant safeguarding legislation and statutory guidance, including:
 - Care Act 2014
 - Children Act 1989 & 2004
 - Working Together to Safeguard Children

4. Definition of Safeguarding

Safeguarding refers to the protection of individuals from:

- Abuse (physical, emotional, sexual, financial)
- Neglect
- Exploitation
- Harm or risk of significant harm

An **adult at risk** may include someone who:

- Has care and support needs
- Is experiencing mental ill health
- Is unable to protect themselves from harm or exploitation

5. Recognising Safeguarding Concerns

Safeguarding concerns may arise through:

- Client disclosure
- Observed changes in behaviour, affect, or presentation



- Indicators such as fear, withdrawal, injuries, coercion, or control
- Expressions of suicidal ideation, self-harm, or risk to others

Concerns may be **explicit or implicit**, and professional judgement is required.

6. Confidentiality and Safeguarding

Confidentiality is a core element of counselling; however, it is **not absolute**.

Information may be shared without consent if:

- There is a risk of serious harm to the client or others
- A child or adult at risk is in danger
- There is a legal obligation to disclose

Where possible, I will:

- Discuss concerns openly with the client
- Seek consent before sharing information
- Share only relevant and proportionate information

Any breach of confidentiality will be documented clearly.

7. Responding to Safeguarding Concerns

If a safeguarding concern arises, I will:

1. Listen carefully and respond calmly
2. Avoid making promises I cannot keep
3. Assess risk using professional judgement
4. Record concerns factually and promptly
5. Consult with my **clinical supervisor**
6. Where necessary, make referrals to:
 - GP
 - Social Services



- Safeguarding teams
- Emergency services

Immediate risk will result in **urgent action**, including contacting emergency services if required.

8. Suicide and Self-Harm Risk

Where clients present with suicidal ideation or self-harm risk:

- Risk will be assessed sensitively and collaboratively
- Safety planning will be explored
- Protective factors will be identified
- Appropriate referrals will be made where risk exceeds the scope of counselling

This aligns with CPCAB and BACP requirements for working with risk.

9. Recording and Data Protection

All safeguarding concerns and actions are:

- Recorded securely
- Stored in line with GDPR and Rising Hope's Data Protection Policy
- Kept separate from session notes where appropriate
- Retained only for as long as necessary

10. Supervision and Professional Support

Safeguarding concerns are taken to **regular clinical supervision**, ensuring:

- Ethical reflection
- Appropriate decision-making



- Professional accountability
- Practitioner wellbeing

11. Limits of Competence

I work within the limits of my training, experience, and professional competence. Where a client's needs exceed my scope of practice, I will:

- Discuss this openly with the client
- Support referral to appropriate services
- Act in the client's best interests

12. Policy Review

This policy is reviewed annually or sooner if:

- Legislation changes
- Ethical guidance is updated
- Practice arrangements change

Last reviewed: January 2026

Next review due: January 2027