

# Safeguarding Policy

Counsellor: Lisa

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## 1. Introduction

As a counsellor and **Designated Safeguarding Lead (DSL)** at Crescentia Therapy, I am fully committed to creating and maintaining a safe, confidential, and respectful environment for all individuals who engage in therapy with me. Safeguarding is a key part of ethical and professional responsibility, and this policy outlines how I identify, respond to, and report any concerns about harm, abuse, or exploitation.

This policy applies to all clients I work with—particularly children, young people, and vulnerable adults.

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## 2. My Commitment to Safeguarding

I am committed to:

- Prioritising the safety and welfare of all clients at all times.
- Recognising signs of harm, neglect, or abuse and taking appropriate action.
- Working transparently and ethically within my professional role.
- Reporting concerns where necessary to protect life and wellbeing.
- Maintaining clear and confidential records of any safeguarding concerns.
- Undertaking regular training and supervision in line with the **BACP Ethical Framework** and safeguarding legislation.

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## 3. Definitions of Abuse

Abuse can take many forms. I remain vigilant to the possibility of:

- **Physical Abuse:** Causing physical harm or injury.
- **Emotional or Psychological Abuse:** Verbal attacks, manipulation, gaslighting, or emotional neglect.
- **Sexual Abuse:** Non-consensual sexual contact or behaviour, exploitation, or coercion.
- **Neglect:** Failing to meet a person's basic needs, including emotional, physical, and psychological care.
- **Financial Abuse:** Exploitation or misuse of someone's finances or possessions.
- **Discriminatory Abuse:** Unequal treatment based on race, gender, sexuality, age, disability, etc.
- **Institutional Abuse:** Abuse that occurs within an organisation or professional setting.

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#### 4. Who May Be at Risk?

Safeguarding applies to anyone, but especially to individuals who may be vulnerable due to:

- Age (children or older adults)
- Physical or mental health conditions
- Learning disabilities
- Experiences of trauma or abuse
- Isolation or lack of support
- Substance misuse

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#### 5. How I Respond to Concerns

If I become aware of a safeguarding concern during our work together, I will:

1. **Take the concern seriously** and listen with empathy and without judgement.
2. **Make a professional assessment** of risk and urgency.
3. **Record details accurately and confidentially.**
4. **Take appropriate action**, which may include:
  - Discussing the concern with you (where it is safe and appropriate to do so).
  - Contacting emergency services or relevant safeguarding authorities if immediate danger is present.
  - Referring to appropriate services (e.g., GP, crisis team, social services).
5. **Seek supervision** to ensure my actions are ethical and in line with best practice.

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#### 6. Confidentiality and Limits

I respect your confidentiality at all times; however, safeguarding concerns are an exception.

I may need to break confidentiality **without your consent** if:

- You disclose that you or someone else is at serious risk of harm.
- There are concerns involving **children** or **vulnerable adults**.
- You disclose involvement in **acts of terrorism, treason**, or serious criminal activity.
- I am legally compelled by a **court order**.

Whenever possible, I will discuss the need to share information with you first—unless doing so would increase the risk of harm.

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#### 7. Reporting Contacts

If an immediate risk is identified, I may contact:

- **Emergency services (Police/Paramedics): 999**
- **Mental Health Crisis Team (local to your area)**
- **Children's or Adult Safeguarding Teams** (through Local Authority Social Services)

For non-urgent support, I may suggest:

- **Your GP**
- **Samaritans: 116 123** (24/7 free support)
- **NHS 111** (non-emergency medical support)

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## 8. Record Keeping

All safeguarding concerns are documented securely and include:

- Date, time, and description of the concern
- Actions taken
- Who was informed or consulted These records are stored in line with **GDPR** and my confidentiality policy.

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## 9. Training and Review

I undertake regular training and clinical supervision to stay up to date with safeguarding responsibilities and legislation. This policy is reviewed annually or following any significant safeguarding incident.

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## 10. Policy Sign-Off

<b>Policy creation date (v1):</b>	10/04/2025
<b>Date of next review (v2):</b>	10/04/2026
<b>Signature:</b>	