



Safeguarding Policy

Counsellor: Lisa

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.

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.

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.

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

5. How I Respond to Concerns

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

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

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.

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)



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 UK GDPR and my Confidentiality Policy.

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.

10. Legislation and Statutory Guidance

This policy is written and maintained in line with the following legislation and statutory guidance:

- **Children Act 1989 and 2004** — the primary legislation governing the safeguarding and welfare of children.
- **Care Act 2014** — governing the safeguarding of adults at risk of abuse or neglect.
- **Mental Capacity Act 2005** — guiding how I support and protect clients who may lack capacity to make specific decisions.
- **Working Together to Safeguard Children (statutory guidance)** — informs my multi-agency approach to child protection concerns.
- **Counter-Terrorism and Security Act 2015** — underpins the Prevent duty and the limited circumstances in which I may disclose information relating to terrorism.
- **UK GDPR and Data Protection Act 2018** — govern how safeguarding records are stored and shared.
- **BACP Ethical Framework** — sets the professional and ethical standards I abide by as a registered counsellor and Designated Safeguarding Lead.

Policy Sign-Off	
Policy version:	2
Version 1 created:	10/04/2025
Version 2 updated:	08/08/2026
Next scheduled review:	08/08/2027
Signed:	