Forbidden or excluded? Communicating with children and young people at the margins

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Forbidden?

- Inaccessible
- Excluded
- Marginalised
What are the margins?

- On the edge
- On the outside looking in
- Borderline
- Peripheral
- On the fringe
- On the brink
- Hovering
- Hanging
Away from the margins?

- Balanced
- Stable
- Composed
- Together
- Sensible
- Secure
- Steady
- Equalised
- Balanced
Where are the margins?

The Möbius strip is a surface with only one side and only one boundary component.
Who is at the margins?

**Children and young people who have:**
- Learning disabilities
- Sensory impairments
- Physical disabilities
- Mental health problems

**Children and young people who are:**
- Abused
- Neglected
- Living in poverty
- Young carers
- Addicted to drugs or alcohol
What is the “Mainstream’?

• In terms of counselling children and young people counselling in the mainstream more often refers to counselling in schools – mainstream rather than specialist schools.

• The body of research evidence for the efficacy of counselling in schools is increasing and this is brilliant.

• However, many children and young people are either not in education or are in school but unable to access counselling.
Model for inclusive counselling practice

- Proactive approach to inclusion
- Focus on relationship building
- Equal opportunities policies put into practice
- Inclusive initial assessments
- Inclusive counselling practice
- Flexible and creative approaches to counselling
- Training and awareness raising