



Safeguarding Policy

Statement of Commitment

At Serenique Counselling, I am committed to safeguarding and promoting the welfare of all clients particularly children, young people, and vulnerable adults.

I aim to ensure that every person I work with feels safe, respected, and protected in line with relevant UK legislation, the BACP Ethical Framework, and GDPR Regulations.

The purpose and scope of this policy statement

The purposes of this policy statement is:

- To protect children and young people and vulnerable adults who receive therapy at Serenique Counselling from harm. This includes the children of adults who use my services in the United Kingdom.
- To provide vulnerable adults, children, young people and their families, with the overarching principles that guide my approach to child protection.
- It applies to all therapeutic services I provide online or via telephone.

Definition

Child

Anyone under the age of 18, regardless of gender, background or circumstances.

Adult at Risk/Vulnerable Adult

A person aged 18+ who may:

- Have a mental or physical disability
 - Be elderly or frail
 - Be suffering from trauma or mental Health challenges
 - Be unable to protect themselves from abuse or neglect due to their situation
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My Responsibilities

As a qualified and insured counsellor, I:

- Hold a DBS check
- Complete regular safeguarding training for adults and children
- Adhere to BACP Ethical Framework
- Receive regular clinical supervision for safe, ethical practice.
- Maintain appropriate confidential records in line with GDPR

Types of Abuse

I am aware of the many forms of abuse including:

- Physical abuse
- Sexual abuse or exploitation
- Emotional or psychological abuse
- Neglect or self-neglect
- Domestic violence
- Financial abuse
- Online abuse
- Discriminatory abuse
- Organisational/institutional abuse

Recognising and Responding to Concerns

If I become concerned that a child, young person or a vulnerable adult may be:

- At risk of significant harm
 - Suffering abuse or neglect
 - A danger to themselves or others
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I will:

1. Listen carefully and record factual information.
2. Consult with my clinical supervisor immediately or as soon as possible.
3. Contact the local safeguarding authorities (e.g. Children's Social Services, Adult Safeguarding Board) where appropriate.
4. Share only necessary information with relevant professionals – strictly on a need-to-know basis.

Confidentiality and Safeguarding

Confidentiality is a cornerstone of therapy. However, I will need to break confidentiality if:

- You disclose that a child or a vulnerable adult is at risk
- There is a risk of serious harm to yourself or others
- If you disclose illegal acts such as terrorism, money laundering or drug trafficking.

You can read more about confidentiality and exceptions in the Privacy and Confidentiality section in this website.

Reporting & Emergency Contacts

I follow local safeguarding procedures. If a safeguarding concern requires immediate action, I may contact:

- Local Authority Children's Services
- Adult Safeguarding Board
- Emergency Services (999)

I will inform the client wherever possible, unless this increases risk.



Training and Review

I complete safeguarding training annually including:

- Child safeguarding
- Adult safeguarding
- STORM training (suicide and crisis intervention)
- Domestic & sexual violence trauma training

This policy is reviewed annually or sooner if legislation changes.

Contact Information

Therapist & Safeguarding Lead: Rabina Khan

Email: rabina@sereniquecounselling.co.uk

DBS Certificate Number: Available on request

ICO Registration Number: ZB891482

For urgent safeguarding Concerns, you may also contact:

- NSPCC (24/7): 0808 800 5000
- Childline: 0800 1111
- Samaritans: 116 123
- NHS 111 (press option 2 for mental Health services)

This policy was last reviewed on 26th June 2025 by Rabina Khan
