



Consent and Confidentiality Policy

Ray of Light Therapeutic Services CIC is committed to providing trauma-informed, developmentally attuned therapeutic support that prioritises emotional safety, transparency, and trust. This policy outlines how we obtain consent and uphold confidentiality across our services.

Consent

We seek informed, voluntary consent for all therapeutic interventions. This includes:

- **Children and Young People:** Consent is obtained from a parent or legal guardian. Where appropriate, we also seek the child or young person's assent, ensuring they understand the nature and purpose of the support in a developmentally appropriate way.
- **Adults:** Adults accessing therapy provide written consent directly.
- **Schools and Referrers:** Consent must be confirmed before referrals are made. We work collaboratively with schools to ensure families are fully informed and involved.

Consent includes agreement to:

- Participate in therapeutic sessions
- Share relevant information to support care planning
- Engage in collaborative working with schools, families, and professionals where appropriate

Consent can be withdrawn at any time. We will always respect a child or adult's right to pause, decline, or end support.

Confidentiality

We provide a safe, confidential space for children, young people, and adults to explore their thoughts and feelings. Information shared in sessions is kept private, with the following exceptions:

- **Safeguarding Concerns:** If we believe a child or adult is at risk of harm, we have a legal and ethical duty to share relevant information with safeguarding partners.
- **Supervision and Governance:** Practitioners receive regular, confidential supervision to ensure safe and effective practice. Identifying details are anonymised wherever possible.
- **Multi-Agency Collaboration:** With consent, we may share information with schools, social services, or other professionals to support joined-up care.

We explain these boundaries clearly at the start of support and revisit them as needed. Our aim is to foster trust while ensuring safety and accountability.