FOR IMMEDIATE RELEASE

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Project to make school counselling more effective made into film

University of Sussex doctoral student Tracey Fuller has won the 2017 CPCAB Counselling Research Award for her project *The Trust is the Work* which looks at how to gain the cooperation of young people who are undergoing counselling at school. Tracey’s research, which was funded by the Economic and Social Research Council, explores school counsellor information sharing in the context of safeguarding concerns. It was conducted in several school projects run by Place2Be, the UK’s largest provider of school counselling services. The finished research has now been made into a film released online by the Counselling Channel.

Created to aid the dissemination of research with important implications for counselling training or counselling practice, the CPCAB Counselling Research Award aims to highlight significant research, documenting it on video, and disseminating it online. The award is made annually at the BACP Research Conference.

Tracey is a UKCP-registered child and adolescent psychotherapeutic counsellor. She taught on the Child and Adolescent Psychotherapeutic Counselling MEd programme at the University of Cambridge and has contributed chapters to recent published works on school counselling and working therapeutically with young people in care. She currently works as a Teaching Fellow on the BA in Childhood and Youth at the University of Sussex.

Of her award, Tracey said:

“I am so delighted that my research has received this recognition. I believe that maintaining trust and professional alliances with young people through safeguarding processes is such a crucial and under-researched area. The opportunity to have a national platform - and funding - for a film to disseminate these important findings is a dream.”
Tracey’s doctoral supervisor, Professor Janet Boddy, added:

“Tracey's award is thoroughly well-deserved. Using a theoretically and methodologically innovative approach, she has gained important new insights into a complex and ethically sensitive practice issue - trust and confidentiality in school counselling - with the potential to improve practice in ways that will benefit children's lives at the most difficult times. Both Michelle Lefevre and I, as her doctoral supervisors, are delighted with her success.”

The video featuring Tracey's research is available at www.cpcab.co.uk/researchaward/.

**Notes for editors**
A short two-minute version of the video is available at https://youtu.be/_3Kkos7V3KU

CPCAB (Counselling & Psychotherapy Central Awarding Body) is the UK's leading specialist awarding body in counselling and life coaching.

BACP (British Association for Counselling & Psychotherapy) is a professional body and a registered charity that sets standards for therapeutic practice and provides information for therapists, clients of therapy, and the public.

Place2Be is the leading national children's mental health charity.

The Counselling Channel produces a wide range of films on all aspects of counselling education and training.

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