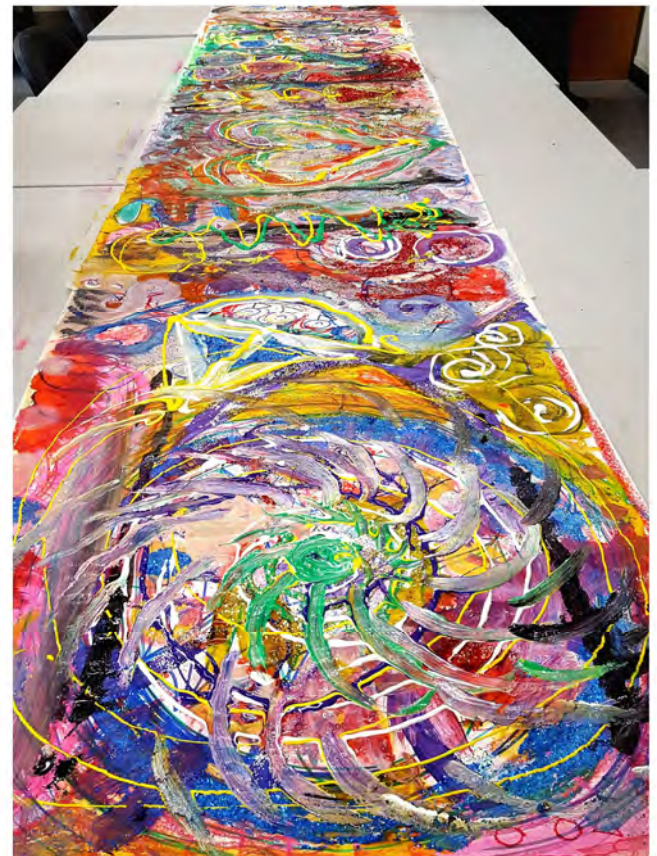




# PSYCHOTHERAPY INFORMATION PACK



Please read through the following information about psychotherapy and feel free to ask questions if anything is unclear. The information provided is intended to help you and your child to make an informed decision about whether to engage in psychotherapy.

# WHAT IS ART THERAPY?

Art Therapy (or Art Psychotherapy) is a form of psychotherapy where a person is able to explore difficult thoughts and feelings using art materials, whilst building a relationship with a professional trained to help them work through these issues. Through artmaking, people may be able to explore their thoughts and feelings in a different way, giving them a voice and developing their ability to reflect.

To benefit from Art Therapy your child does not have to be good at art, the aim is not to produce an artwork to display on a wall but to engage in a creative process. Some sessions may be entirely talking, some may be entirely artmaking, but most will be a mixture of both. It is entirely up to the person taking part in the sessions.

The aim is to work together with the Art Therapist, using artmaking to think about what is happening for them personally. Once engaged in therapy, a person may go through stages that they find difficult and this may result in upset or challenging behaviour. This is normal, and often a sign that things are getting better.

Please let me know if your child is currently involved in any other psychological therapies, as this could be overwhelming.

# WHAT IS INTEGRATIVE PSYCHOTHERAPY?

Integrative child and adolescent psychotherapy can provide a flexible, creative and supportive way of working to help children and young people from complex and traumatic backgrounds. Therapy can include different mediums such as drawing, painting, clay, puppets, sand tray work, music, movement, role play and drama to help the child or young person to express feelings safely and explore their inner thoughts. As a child's main mode of communication is through behaviour and play, the use of creative mediums as a form of expression can be helpful for children and young people who may struggle to articulate their thoughts and feelings verbally. This way of working facilitates the possibility of expression of difficult and painful feelings whilst still maintaining a degree of psychological safety and distance.

Through supporting children and young people to safely express themselves using their imagination through these creative mediums the therapist can be alongside the individual and understand how their experiences and relationships have shaped their inner world. Integrative child and adolescent psychotherapists help to support the child or young person to make sense of these expressions and start to understand themselves.

Integrative psychotherapeutic modalities include a depth of knowledge and understanding of the theoretical approaches of Psychodynamic, Psychoanalytic, Developmental Psychology, Person Centred, Gestalt, Transpersonal, Systemic and Cognitive therapies. Integrative child and adolescent psychotherapists are trained to carefully observe a child or young person and respond to what they might be communicating through their behaviour and play. They also apply their integrative framework of thinking to work with parents, families and carers and to training and supporting other professionals who work with children, young people, parents and families to ensure a deeper understanding of the child's or young person's perspective.

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# WHAT IS PLAY THERAPY?

Play Therapy is a way of helping children express their feelings and deal with their emotional problems, using play as the main communication tool. To relieve the needs of children, young people and adults suffering emotional and behavioural difficulties by promoting the art and science of Play Therapy and promoting high standards in the practice of Play Therapy for the public benefit.

Play is vital to every child's social, emotional, cognitive, physical, creative and language development. It helps make learning concrete for all children and young people including those for whom verbal communication may be difficult.

Play Therapy helps children in a variety of ways. Children receive emotional support and can learn to understand more about their own feelings and thoughts. Sometimes they may re-enact or play out traumatic or difficult life experiences in order to make sense of their past and cope better with their future. Children may also learn to manage relationships and conflicts in more appropriate ways.

The outcomes of Play Therapy may be general e.g. a reduction in anxiety and raised self-esteem, or more specific such as a change in behaviour and improved relations with family and friends.

# YOUR SESSIONS

After obtaining consent from yourself and your child, they can begin therapy sessions, which will take place at . Each session will last 45 minutes, unless your child chooses to leave a session early, which they can do at any point. If your child chooses, they may invite you into the sessions, however it is important for you to allow the child to make this decision.

The agreed intervention for your child is one to one , which will last for  weeks to begin. Therapy is an ongoing process, so if we get to the end of the agreed time period and agree that your child would benefit from further sessions, this can be discussed.

The session will begin at . Please try to arrive promptly for the session and contact someone at Sensi if you are unable to attend or are running late for a session.

The first few sessions take the form of assessments, where we can ensure that therapy is the right choice for your child. Feedback will be given to you as a parent/guardian in regular review sessions which will be arranged. In these reviews we can try to answer any questions you may have. We will only share information that your child has agreed they would like me to share, but we will be able to inform you of general progress, themes and engagement.

Attending regular sessions is important for the effectiveness of therapy. Whenever possible, breaks in therapy should be planned and discussed in advance. We aim to give notice of any breaks in therapy caused by my absence. Sessions cancelled with less than 24 hours' notice are still charged for.

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# SAFEGUARDING & CONFIDENTIALITY

In all psychotherapy, anything your child does or says is kept confidential amongst the professional team here at Sensi unless we believe anyone is at risk of harm, at which point we may share information with the relevant professional and take appropriate steps to ensure the safety of all involved. If we have any concerns, we will try to let you and your child know.

All psychotherapists are required to attend supervision with a more experienced professional, where they discuss their workload and try to better understand their therapeutic process. Client session content and material produced are often discussed in these supervision sessions, however supervisors are professionals trained in confidentiality and safeguarding. We also meet as a multi-disciplinary team regularly to discuss our caseloads.

The only other occasion we may break confidentiality is if we are required to give testimony in legal proceedings that you are involved in, where we may be required to discuss the content of our sessions.

It is important to respect your child's privacy throughout the therapy and offer them support whilst they are engaging. Please be mindful that they may not want to discuss what has happened in the sessions.

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# YOUR DATA

After each session, we keep clinical notes to keep track of progress and major themes within each session. These are stored digitally on a password-protected device. You may reserve the right to access these notes, however it is important that you respect your child's privacy in order for the therapy to be beneficial.

Every therapeutic intervention is different, however within art psychotherapy, we generally suggest that the artwork that is made in sessions is left with us at Sensi. We will ensure it is stored securely and confidentially until the end of therapy, at which point you can choose whether to keep it or if you would prefer, we can dispose of it confidentially.

If you or your child wishes to withdraw your consent and your data at any point, it is your right to do so. Please talk to your therapist or another member of the Sensi team to begin this process as soon as possible. Making this choice will in no way affect how you are treated or penalise you, however it does mean the therapy will come to an end.

# COMPLAINTS

As psychotherapists, we aim to provide the best client-centred therapy for your child to suit their individual needs.

If you, your child, or another parent or guardian feels dissatisfied by our professional approach, we hope that you will raise the issue with us first so that we can try to resolve it.

In the event that the issue continues, you can speak to someone here at Sensi to express your concerns, or contact our statutory regulators, the Health and Care Professions Council (HCPC) and UK Council for Psychotherapy (UKCP), where you can access free and impartial advice.

HCPC website: <http://www.hcpc-uk.co.uk>

UKCP website: <http://www.psychotherapy.org.uk>

Sensi website: <http://www.sensitreatment.com>

Sensi phone number: 01508 578577





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# COVID-19

As a result of Covid-19, some changes have been made to how we do things at Sensi. All areas have been 'fogged' to ensure everything is safe - if you would like to know more please ask and I can show you the Sensi risk assessment.

We will need to take your temperature and ask you some questions before sessions. We will also ask you to wash your hands.

It is important we keep 'socially distanced' during sessions. I will be wearing PPE (a mask and/or visor) throughout the session.

Some materials may not be able to be used, but we will try to accommodate where we can. These are for only you to touch and will not be shared with anyone else, or cleaned thoroughly between uses.

If you would like any other materials, please ask and I will see if what I can do for the following week. Or feel free to bring materials from home.

All artworks and materials are stored safely.

We usually tend to keep the doors and windows shut to keep things confidential, but if you would prefer, then they can be opened.

