

# **THERAPY SERVICES WITH THE FAMILY PARTNERSHIP**

## **THERAPY WITH THE FAMILY PARTNERSHIP**

Through The Family Partnership, we can offer you **therapy services quickly and free of charge.**

Therapy usually costs £60-95 per session and waiting lists for therapy on the NHS are about 18 weeks long.

## **WHAT CAN I EXPECT?**

You can expect **free therapy sessions for as long as you need**, in a **safe and confidential** space.

This is a chance to **address problems and learn ways to cope** helping you to understand your thoughts and feelings better.

## **WHAT THE THERAPIST WILL EXPECT FROM YOU**

You will be expected to **attend your sessions on time and be open and honest with your therapist.**

You must tell your therapist as soon as you can, if you cannot make the session.

## **WHAT IF I MISS MY SESSION?**

If you miss 2 sessions in a row without telling your therapist, we will end your funded therapy place. It will be offered to another parent on the waiting list.

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### **WHAT TYPES OF THERAPY CAN I HAVE?**

You can have therapy to match your needs. Sometimes the court suggests a type of therapy to help you.

**Talking Therapy** - talking helps to reduce stress and feelings of being overwhelmed.

**Eye Movement Desensitisation and Reprocessing (EMDR)** - helps you explore past difficult experiences through memories and feelings.

**Cognitive Behavioural Therapy (CBT)** - You will learn new skills to cope more effectively with anxiety, depression or to build problem solving skills.

### **I WOULD LIKE THERAPY, WHAT HAPPENS NEXT?**

**Contact Gemma Wilby, Family Partnership Coordinator, on 07800508591 to let her know you'd like therapy.**

Gemma will speak to you about what you need and will let you know when there is a space available.

Your therapist will contact you by your preferred method of contact (text, WhatsApp, email or phone call)

**IF YOU HAVE ANY QUESTIONS, PLEASE SPEAK TO YOUR ADVOCATE OR TO GEMMA WILBY.**

