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### Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **PALS, complaints and incidents team**, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.

For more information see [www.cwps.nhs.uk](http://www.cwps.nhs.uk)

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Cheshire and Wirral Partnership NHS Foundation Trust

Psychotherapy: 16/18 year olds

This leaflet explains to young people how a Child and Adolescent Psychotherapist might help them

Care • Well-being • Partnership

## Why me?

You may have had to cope with lots of changes or difficulties in your life. You may have worries or problems that can feel overwhelming. You may feel depressed or angry or out of control or anxious. You may feel blamed and lonely. Worries can make it hard to sleep and perhaps you have nightmares. It may feel like you have got a war going on inside you. You may feel like a bad person and that nobody understands.

## Can anyone help?

You may need someone who can understand what you are struggling with, someone who can help you with the worries and upsets life throws at you.

## What are Child and Adolescent Psychotherapists?

He or she is someone who works with young people. They listen carefully, consider and try to help young people make more sense of their feelings and difficulties so they can begin to feel better.

## How does this work?

The psychotherapist would meet with you at the same time in the same place each week for 50 minutes. In your sessions you might want to talk, or draw, or be quiet. It is up to you and is at your pace. Your therapist will try to understand what you are going through and how it affects your relationships. We know that it helps you to think if someone else is thinking with you.

## How do I make a start?

You will be invited to meet a therapist so he or she can hear about what is hard for you. Then

the therapist will meet with you a few times so you can see if this way of working is right for you, feels OK, interesting, worth trying, even a bit of an adventure. After this, if you agree, some on-going regular sessions will be set up.

## Your sessions

You can choose what you think and talk about in your sessions. You may feel angry or sad. Sometimes you may really look forward to coming, sometimes you may be angry with your therapist or worried and not want to come. It may feel tough facing your session at times and then it might take some courage to come and stick with the process.

## Is this private?

It is up to you to decide if you want to talk about your sessions to your family or friends. Your therapist will keep them private.

The sessions are confidential within CAMHS, Psychotherapists work as part of a team with your other CAMHS clinicians and will keep them up to date with your progress where this is helpful to you or is part of your treatment. It is good practice for psychotherapists to think about the work they do with their supervisor and this is what we do. Supervisors also have to keep information confidential.

If your therapist is worried about how safe you are then this would need to be shared with those who could keep you safe. Your therapist would talk to you about this before talking with anyone else.

## Records

We need to keep brief records of your treatment. If you agree we would also like to keep your GP up to date. We will discuss what

we will share with you first and it is our usual practice to send you copies of anything we send to your GP.

## How long would I do this for?

Sometimes young people start to feel better quite soon, but usually psychotherapy takes time and can be difficult work. You and your therapist can think together about what is right for you.

The adults in your life may also need someone to talk to and if you agree it can be arranged for them to see someone to help them to think through the best way to support you.

## Afterwards

Hopefully you will feel a lot better. Things may have changed at home and at school or college because you can understand and manage your feelings and situation better.

Researchers studied the impact of psychotherapy with young people by interviewing young people and their parents/carers after their final session. They found that young people use the thinking they did with their therapist to help understand themselves even after the sessions have ended. You may decide to continue to work on the issues with a student counsellor or therapist later in your life.