



<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেইপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિદ્યાર્થ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात किजीये, या ईमेल किजीये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: PALS Complaints and Incidents Team, Trust Headquarters, Redesmere Building, Countess of Chester Health Park, Liverpool Road, CH21BQ.

For more information see www.cwps.nhs.uk

© CWP NHS Foundation Trust

The information in the leaflet was valid at the date of production **July 2014** and is due for review in **July 2016**.

Leaflet code: D-CGP-14-525

Child's Guide to Psychotherapy

We hope this leaflet will explain to children why child psychotherapy might help them

Why me?

- You may have difficult feelings, worries and upsets.
- You may have had to cope with lots of changes.
- You may be sad or cross or frightened.
- You may feel that you are always in trouble and have no friends.

Can anyone help?

It may help to have someone who:

- tries to understand things from your point of view
- listens carefully, and thinks a lot and tries to help you make more sense of your upsets so you can begin to feel better

This is what child psychotherapists do.

Assessment

The grown-ups who know you will arrange for you to meet the therapist a few times to decide if this will help you.

Your sessions

- You can talk, or draw, or play, or be quiet and your therapist will think carefully about what you say and do and try to help you sort out your feelings.

- Your sessions will be in a play room at the same time each week.
- You might be messy, or angry, or sad. Sometimes you might look forward to coming and sometimes you might feel cross with your therapist and not want to come. Then your grown-ups might need to help you to do this brave thing, thinking about your upsets.
- Sometimes it is very hard to think about problems and feelings. Your therapist will try to help you with that. We know it is easier to think and sort out muddles and upsets if someone is thinking with you.

Are sessions private?

Sessions are just for you and your therapist together, so yes, your sessions are private. If you want to tell someone what you did in your session that is OK, but your therapist will keep things you say and do private.

If there is a worry that you are not safe then your therapist will let you know and then talk to the adults who can keep you safe.

How long will I do this for?

- Sorting out your feelings and worries can take time. When you have had problems that took a long time to grow, they need a long time to change.

- Grown-ups may also need someone to talk to, so they usually see someone as well.
- There will sometimes be meetings where your grown ups will talk to your therapist to think about how you are getting on. You will be asked what you think too.

What happens afterwards?

- Hopefully you will feel a lot better. Things may have changed at home and at school because muddles and upsets will have been sorted out.
- You will still remember your therapy and your therapist. Even if you forget a lot about it you will remember a lot too. It doesn't go away.
- You may ask for a 'top-up' later!

The child psychotherapists for Wirral child & family service (CAMHS) work at:

Adcote House
Kent Street
Off Columbia Road
Prenton
CH43 6TX

Tel no: 0151 488 8111