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## Young person's guide to psychotherapy

We hope this leaflet will explain to young people why child and adolescent psychotherapy system help them

### Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Pals, Complaints & Incidents Team, Trust Headquarters, Redesmere Building, Countess of Chester Health Park, Liverpool Road, CH2 1BQ

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

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## Why me?

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

You may feel really worried so it is hard to get to sleep and perhaps you have bad dreams. It may feel like you have got a war going on inside you. You may feel like a bad person, alone, and that nobody understands.

## Can anyone help?

You may need someone who can understand how hard life can be when you are growing up, someone who can help you with worries and upsets and some of the struggles life throws at you.

## What is a child and adolescent psychotherapist?

He or she is someone who works with children and young people. They listen carefully, think a lot 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 you at the same time in the same place each week for 50 minutes.

We know that it helps you to think if someone else is thinking with you.

## How do I make a start?

You and your parents or carers will be invited to meet a therapist to hear about what is hard for you right now. Your parents or carers may be concerned that you are unhappy.

Then the therapist will meet with you a few times. This is for you to try out coming to see if this way of working is right for you, feels OK, interesting, worth trying, even a bit of an adventure.

You might want to talk, or draw, or be quiet.

After this, if everyone agrees, some ongoing regular sessions will be set up.

## Your sessions

You can choose what you think 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 getting to your session at times and then it might take some courage to come and stick with the process.

## Is this private?

This is how confidentiality works: you can decide what you want to share about your sessions. Your therapist will keep them private.

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

## 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 grown-ups may also need someone to talk to so they usually see someone as well. There will be occasional meetings with parents or carers to think together about how you are getting on. You will be asked what you think too. This is after all your life we are talking about!

## Afterwards

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

After you have stopped seeing your therapist things usually go on changing and getting better. Researchers have studied this by talking to young people and their parents/carers after the sessions have finished. They found that the thinking goes on being helpful, even after the sessions have stopped.

You still have a memory of your therapy and your therapist inside your mind. Even if you forget a lot about it you will remember a lot too. It doesn't go away. You may even ask for a 'top up' later

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

Adcote House  
Kent Street  
Off Columbia Road  
Prenton  
CH43 6TX

**Tel no:** 0151 4888111