

Children's Trauma Therapy: What we do

Following traumatic experiences, children and young people may display symptoms of trauma including nightmares and flashbacks, bedwetting, sleeping or eating difficulties, and struggling to separate from carers. They may become withdrawn, display aggression, self-harm, struggle with thoughts of not wanting to be here, or they may become anxious, low in mood or struggle to engage with activities they previously enjoyed.

We aim to help children and families to understand their responses to these traumas, and make sense of the impact on their relationships, as they work towards recovery.

**They listened to me,
they explained to
me some of my
feelings I didn't
know existed.**



Children's Trauma Therapy Service

The Children's Trauma Therapy Service, at Bradford Family Action is a specialist therapy service for children aged 4-18 years old and their families in Bradford District.

We work to help children and their families recover from abuse (emotional, physical, sexual, domestic and neglect) and traumatic bereavement.

Family Action

Family Action is an award-winning national charity working from the heart of local communities to support people through change, challenge and crisis. We protect children, support young people and offer direct, practical help to families.

It's what we've done for over 150 years.

To find out more about who we are and what we do, visit us online at www.family-action.org.uk.

Children's Trauma Therapy

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family
action

Children's Trauma Therapy Service

A specialist therapy service for children and young people in the Bradford District who have experienced trauma.



family-action.org.uk

Our Offer

The Children's Trauma Therapy Service is comprised of a highly skilled team of psychotherapists and counsellors.

Our therapy team is currently comprised of: Art Psychotherapists, Dramatherapists, Child and Adult Counsellors and Family and Systemic Psychotherapists. In addition, our clinicians have additional training in dyadic (parent-child) or trauma focussed approaches to therapy.

- Our work is based on a three stage trauma model which incorporates stabilisation and safety, trauma processing and support for a child/young person to move on. Sometimes we just work with the child/young person to help them stabilise and feel safe, as they may not be ready to process their trauma.
- We take a whole family approach, working with parents and carers to help them understand how they might support their child and we are able to offer dyadic parent child work to strengthen attachment.
- We may suggest working with a whole family where trauma has impacted the family system.
- In addition, we are able to provide consultation for professionals within the children's workforce to support their work with children displaying trauma symptoms.

Referrals

Referred child(ren) should be living with a supportive adult and be safe from abuse, sexual exploitation and other forms of harm. For cases of sexual abuse, they should be supported by a trusted adult who believes their disclosure. For all referrals the child needs to be living in an environment that is safe and stable enough for it to be the right time to begin trauma recovery and attachment focused therapy.

Please see information on our website for further information around referral criteria.

We welcome self-referrals from families.

If you have concerns about a child or young person where by we cannot accept a referral, please contact:

- **CAMHS** 01274 723241
- **Our Bradford Office** 01535 661531 (office hours) or,
- **First Response** 0800 9521181

I'm grateful to have had this therapy because I can talk to my son about his trauma, understand his feelings and help him feel better.

Following acceptance of a referral, we offer an initial clinical assessment to the referred family. Following assessment, we may make an offer of direct therapy to the family (with their agreement) and/or offer specialist consultation to the professional system supporting the child.



Scan here for more information on our service.



I finally feel as though what happened to me was not my fault. I can now embrace being me and not feel ashamed or embarrassed.

