

Who we are

We are the Children's Trauma Therapy Service and we are looking forward to meeting you.

We know it can be hard to come to a new place and meet new people, so we wanted to let you know a bit about who we are and what to expect when you come to see us.

We are a service for children and young people, like yourself, who have been hurt and had frightening, sad and difficult things happen to them and their family.

These things can include traumatic bereavements, sexual abuse, domestic violence, physical abuse, emotional abuse and neglect.

Children and young people often tell us how hard it is to keep telling adults again and again, about the difficult times they have lived through. To try and help, we get as much information as we can before we meet you.

Children's Trauma Therapy Service

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Monday to Friday – 9am to 5pm

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I thought a therapist was a person who listened to your problems and sent you home.

My therapist showed me it's not that.

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

I cried, I laughed, I felt sad, happy, confused... I felt hope"

Assessment Process

We will meet with your parents or carers to better understand what has happened and how trauma has affected your family, so that you don't have to explain this to us if you don't want to.

After this we may arrange to meet with you and you can let us know whether you want to have this meeting with your parents or carers in the room or on your own with a therapist.

Our first meeting will be no longer than 90minutes.

There is no pressure for you to talk about anything you don't want to. Sometimes young people prefer to communicate through art making ,drama or play, and our therapists can help you tell your story in whatever way is right for you, we just want to get to know more about you.

We will try to understand what is working well for you and your family, so together we can come up with a plan of support that will suit your needs.

What happens next?

If we agree that we are right for you, our therapists will meet as a team to allocate the best therapist to provide the support that you need. This whole process may take around 4 weeks before therapy begins. Trauma can affect the whole family so we may offer to work with your parents and carers to help them better support you, or work with you and your parents/carers together , your whole family, or you on your own.

If you have any questions, you can speak with your parent or carer and if they can't answer they can get in touch with us. We're all here to help and will answer your questions as best as we can.

If, after the assessment, we realise that we are not the right service for you at this time, we can give you information about other services that might be better able to help you.

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