

Children's Therapy Questions Parents and Carers often ask us

How will you work with my child?

BSARCS's therapy team works in a trauma informed way which involves working together collaboratively with parents and carers, schools and other services if appropriate. We offer a range of therapies tailored to your individual child's needs, which will help assist them tell their story and express their feelings in a way that feels safe for them. We provide a safe space, where your child *can* talk about their experience *if* they feel able to. But, we don't always expect them to talk directly about what has happened. We might use approaches such as talking therapy, EMDR (eye movement desensitisation reprocessing), sand tray, art, play, drama or creative therapy.

How long will you work with my child?

We do not currently have a time limit on the therapy that we offer young people, children and their families; how long we work with a child very much depends on their individual needs. Working with trauma often requires longer term interventions and we will regularly review progress with you and your child.

How often are the sessions and how long do they last?

Our specially trained trauma informed therapists will usually work with your child once a week. The sessions last between 50 mins and 1hr 30 depending on the type of therapy that your child might need.

How will I be involved in the therapy process with my child?

For younger children, parents and carers are integral to the therapy process. As parents and carer's are the experts on their own children we believe they are hugely important in helping their children to recover from their experiences. Adolescents and young people may want less parental involvement, this will depend on each individual and their therapeutic needs. We also offer a range of support services for parents; please see the Parents & Carers page of our website.

Where will my child's sessions take place?

All sessions take places at BSARCS which is located inside The Core on County Way. It is a short walk from the bus and train station with plenty of pay and display parking available.

If you have any other questions please call us on 01226 320140

We Listen. We Believe. We Support.