

FAQS

I THINK I MIGHT LIKE THERAPY BUT I'M NOT SURE. WHO CAN I TALK TO?

Speak to the Heart Smart Arts team directly to make sure you have all your questions answered and feel comfortable with your decision - use the contact details on this leaflet .

HOW LONG CAN I SEE A THERAPIST?

Therapy generally begins as a 6 week booking but this can be extended for much longer periods of time, as needed. The therapy team use their professional judgement about this. This will be discussed and explored with you.

WHERE ELSE CAN I GET SUPPORT?

- **Mind** , The Mental Health Charity - www.mind.org.uk
- **Samaritans**, a safe place for you to talk anytime - Call: 116123
- **Your local GP** can often refer you for short term counselling on the NHS if you request it or you can now refer yourself here: <https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

ABOUT THE THERAPIST

Katy is a Child Psychotherapist with over 20 years of experience in working therapeutically with children and young people from different backgrounds, including schools, specialist residential care and the wider community. She is registered with the UKCP (UK Council for Psychotherapy) and is fully insured with Public Liability Insurance for Child Psychotherapy.

Katy uses a child-centred approach with relational and creative methods and is curious to make links between past experiences and present thoughts, feelings and behaviour. She understands that approaching therapy can feel daunting and the bravery that this involves, so treats the creation of a safe and protected therapeutic space with the utmost importance. Katy's approach is psychodynamically informed - meaning she places value on building trusted relationships with clients and is experienced in the use of creativity and play as invaluable communication tools, when feelings and experiences can feel unknown, are held in the body or are too difficult to find the words for.



Psychotherapy

A Safe Space.



WHAT IS PSYCHOTHERAPY?

Psychotherapy is a safe and protected space that is just for you; where you can feel heard, listened to and understood.

The therapist will want to know how it feels to be you and will be interested in the things you say and do. They can help you explore particular difficulties, relationships, feelings and behaviours at a pace you feel comfortable with.

There are lots of resources for you to choose from in the therapy room; including games, art materials, fidget toys, puppets and play figures. These things can help you to explore and reflect on your thoughts and feelings, even if you don't want to talk about them.

Therapy sessions usually take place on the same day and time each week, so you know when they will be.

THE THERAPY IS CONFIDENTIAL SO THINGS THAT HAPPEN IN YOUR SESSION WON'T BE TALKED ABOUT WITH OTHER PEOPLE WITHOUT THINKING ABOUT THIS WITH YOU.

WHAT DOES A TYPICAL THERAPY SESSION LOOK LIKE?

Each session lasts for 50 minutes and there will be the same resources for you to use each time, but every person's therapy will be different and unique to them.

There is no right or wrong way to 'do' therapy – as long as you and the therapist are both safe, you can choose what happens.

You might use the space to talk about things that are in your mind or are happening for you at the moment. If you don't want to talk or can't find the right words, then you might choose to do some art or play a game. The important part is that you know you have that protected space and time just for you with the therapist.

You might experience some difficult feelings in Therapy which is why the therapist is here - to help you work through them and give you strategies for coping with difficult feelings in the future.

You don't have to do it on your own.

THERAPY VS LESSONS

You decide what to do

A teacher decides what to do

Focus is on building a helpful relationship with the Therapist

Focus is on learning

Looking inside at feelings and experiences

Looking outside to learn academic skills

Using Psychotherapy as a tool for understanding ourselves

Using learning as a tool to understand the world

FIND MORE ONLINE

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