

How do I give feedback on a service?

If you have a concern, please feel free to speak with a member of the team.

Alternatively, the Service Experience Desk (SED) is the central point of contact for all concerns and enquiries, whether these are formal or informal, complaints, compliments or suggestions.

You can contact SED on:

Address: SED, Second Floor, Trafalgar House, 47-49 King Street, Dudley, DY2 8PS

Email: sed.dwmh@nhs.net

Tel: 0300 555 0535 or 01384 325014 (Please note: SED cannot take referrals into this service)

Leaflets are available in other languages and formats such as large print, braille or easy read. Please contact the communications team on 01384 325022 or email dwmh.communication@nhs.net

Child Psychotherapy



Leaflet Control

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What is child and adolescent psychotherapy?

Child and adolescent psychotherapy is a psychoanalytic treatment for children, young people, parents and families. Child and adolescent psychotherapists treat a range of behavioural and emotional problems not easily addressed by other modes of treatment.

We are trained to carefully observe a child or young person and respond to what they might be communicating through their behavior and play. We also apply our framework of thinking to work with parents, families and carers; and to training and supporting other professionals who work with children, young people, parents and families to ensure a deeper understanding of the child's perspective.

How do child psychotherapists work in Dudley?

We may see a child or young person individually, with parents or other family members. The child or young person may begin to express feelings such as being confused, frightened, hurt or angry through actions; which with help the child or young person can gradually put into words. With support the child can learn to make sense of their own experience and develop their own individuality and potential. This therapeutic relationship with the therapist takes place in a consistent setting.

What happens in a typical session with a child?

We tailor our approach to the individual child and work in an age-appropriate way. During an individual session, young children do not usually talk directly about difficult things but will communicate through play using the toys provided. Older children may also play or draw whilst teenagers are more likely to talk about their feelings. To a trained eye, play is a powerful

How we support other professionals

We support other professionals working with children, as part of a multi-disciplinary CAMHS team. We help to support other professionals including teachers, social workers, health visitors, nursery staff etc. in a range of settings. The supervision, training and consultation we offer can help make sense of contact with highly disturbed and disturbing children and young people.

Looked After & Adopted Children - LAAC

In Dudley CAMHS one of our psychotherapists has a particular role to support children who are looked after and in foster care. Jemima is the lead for LAAC who oversees the journey of looked after children in CAMHS. She offers Choice appointments and completes the initial screening pathway into CAMHS. We also offer a LAAC consultation service for social workers, foster carers, adoptive parents and other professionals around LAAC children who are and who may not yet be in CAMHS. The LAAC consultation provides thinking space for everyone involved about a child or young person who they are concerned or puzzled about .

If you would like to find out more about child psychotherapy in Dudley CAMHS please contact any of us on 01384 324689.

Psychotherapy Team for General enquiries, Jennifer Ng for Infant Mental Health and Jemima Phorson for LAAC.

For information about Child and Adolescent Psychotherapy please see our professional association website: childpsychotherapy.org.uk for downloadable leaflets. For downloadable leaflets about understanding your child's behavior please look at: understandingchildhood.net

How long does treatment last?

Our work with children and/or parents may consist of short or long-term sessions with regular appointments. Research has demonstrated the existence of a 'sleeper effect' (children or young people still feeling the benefits of psychotherapy once treatment has come to an end), with adults who had been treated as children or young people still feeling its impact many years later.

Infant Mental Health-Under 5's

We run an infant mental health clinic for children of preschool age with their parents. We try to understand the meaning of the child's behavior and to explore the impact that this may be having on the parents. By working together in this way, we hope that difficulties can be resolved before they get too fixed. We see infants, small children and parents together to think about their patterns of interaction.

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form of communication which may express how a child feels and the difficulties he or she may be experiencing. The relationship between the child and the therapist is central to the treatment.

The range of difficulties worked with:

Child and adolescent psychotherapists work with children with a wide range of difficulties including those who are suffering the effects of neglect, trauma and abuse, those who self-harm, those with eating disorders, oppositional behavior, depression, anxiety, autism and many forms of concerning or puzzling behaviour.

We also see parents or carers without the child being present

When a child is seen for individual therapy work, another colleague works with the parents and sometimes we do offer work solely for the parents or carers. This work may focus on helping the parent make sense of the child's behaviour, as well as understanding more about the parent-child relationship and the influence of past and present circumstances.

The assessment

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