

WE REALLY LOOK FORWARD TO SEEING YOU!

# YOUR GUIDE TO FAMILY THERAPY



Images by Emma Lawrence Illustrations

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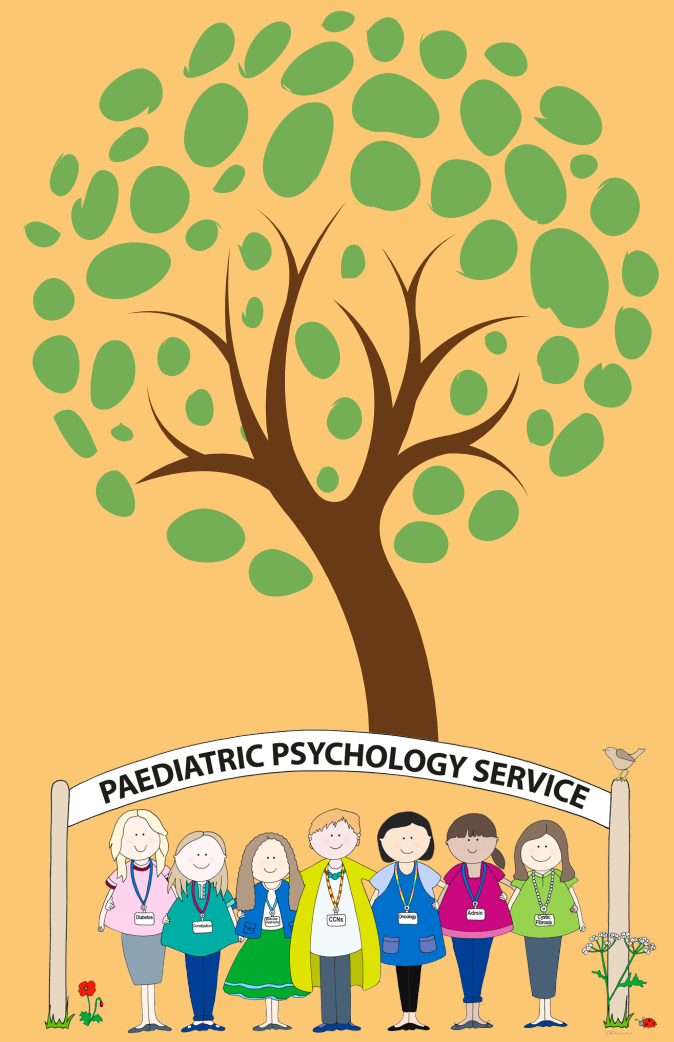
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# CONFIDENTIALITY

As an NHS service we follow the NHS Code of Practice to make sure all confidential information is handled appropriately. **You can ask us more about this at any time.**

### Are appointments confidential?

Yes, we are a confidential service. This means that anything we discuss will be kept private, unless we are concerned for your safety.

### What happens to appointment information?

We summarise the session and save this on a secure electronic record system called RiO. Other health care professionals you work with can also view this.

### Why do you record sessions?

This would be for clinical reasons as we may want to watch previous sessions together to review progress and identify further areas you might want to work on. Consent to recording is a personal choice and you can opt out at any point.

### What will happen to the recordings?

Any recordings are stored on a secure server. They are kept for no longer than the duration of your treatment with the family therapy team. Recordings are kept private but may be used for training within the wider PPS team.



# WHAT IS FAMILY THERAPY?

- \* Family Therapy is a widely known, **evidence based therapy** offered to your whole 'family', to help you to better **understand** and **support** each other
- \* Everyone has different ideas about who they consider to be part of their **family**— this could include parents/grandparents, siblings and extended family members. Whoever is **important** to you
- \* Family Therapy works by trying to understand families existing **strengths** and **resources**, and building on these to **support** a family to work through their **difficulties** and achieve **changes** they want to make

## WHAT CAN WE HELP WITH?



- \* Coming to terms with having new or changes in health treatments
- \* Navigating developmental stages & transitions (e.g. entering adolescence)
- \* Having a space to share and process feelings in a safe and contained environment
- \* Trying to 'make sense of' or grapple with a new diagnosis together
- \* Supporting family members to talk with each other about tricky topics

# WHAT TO EXPECT



When you come to Family Therapy you will meet a **psychologist** who will lead the session. You will also be introduced to a **reflecting team** who supports the psychologist

The reflecting team is made up of **2-4 clinicians** including family therapists, clinical psychologists and assistant psychologists

The reflecting team will spend most of their time in **another room** watching the session through a one way screen

The reflecting team's role is to listen carefully to the sessions and what people are saying. at some point they can be asked to **share their thoughts** with you

The reflecting team can often pick up on some different **thoughts** and **ideas** that might be helpful

We know the idea of a reflecting team can feel **unfamiliar** and daunting at first. We will work carefully to help you **feel at ease** with this over time. A lot of families find the reflecting team to be one of the **most valuable** parts of Family Therapy

# WHAT DO SESSIONS LOOK LIKE?

- \* We want to get to know what's important to you so we may ask about **you**, your **family**, your **home life** and the **worries** that brought you to see us
  - \* We may ask you to complete **questionnaires** to help us to **understand** more about your family and the things that you would like to discuss
  - \* We support families to come to their own **ideas, conclusions** and **solutions** for what is going on, that fit with you and your family
  - \* We aim to create a **safe space** where you can explore, work on, and find solutions to things that are difficult for your family
- If you have any **questions** please don't hesitate to **contact us**

## WHAT, WHERE, WHEN?



- \* We are based at **Monkmoor Campus** in Shrewsbury
- \* Our sessions will usually last about an **hour** and will be once a **month**. You will have up to **6 sessions** and then we will **review** to see if further support is needed
- \* In between sessions we will call you for a **check in** to see how you are all getting on