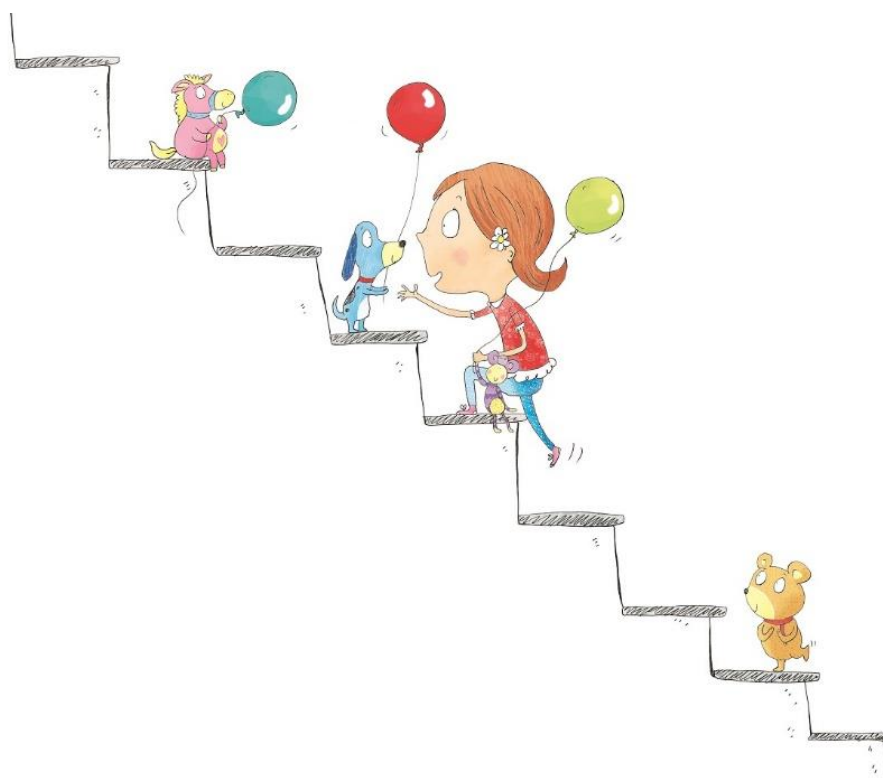


Children's Guide



Welcome to Gateway Psychology!

Hello!

You will soon be coming to visit us at Gateway. This guide is to help answer some questions you might have.

If you like, you can read this guide yourself. Otherwise, the person who looks after you can read it with you and help you with any bits that might be hard to understand.

We look forward to meeting you soon!

What is Gateway Psychology?!

Gateway Psychology helps children, young people and their families.

Those of us who work here are called psychologists or therapists. We can help you with feelings, thoughts and behaviour. We also help the people who look after you.

What will it be like when I come to see you?

We will usually speak to the person who looks after you before you come and visit us. Together, we will think about the best way to help you.

We would also love to hear what you think about coming to see us. You might have some thoughts about how we can help too.

Most of the time, you will come to see us at our office in Stoke-on-Trent. We will usually see you for about 1 hour.

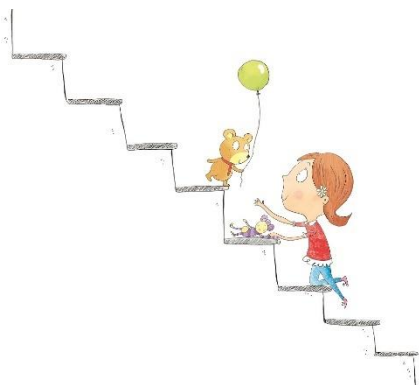
We think our office is a fun and safe place for children. When we say 'office', we don't mean a space filled with desks and computers! We have lots of different therapy rooms. They are colourful, comfortable and nice to be in. You can let us know what you think when you visit us!

What will we do?

The main aim is to help with the problem. Sometimes, your therapist will just meet with you. Other times, they might meet with you and your family too.

You and your therapist will talk a bit, but we might also do some worksheets, play, paint or draw!

How often will I see my therapist?



We will usually see you once a week. It could be more or less, depending on what is decided by everyone! You can let us know what you think too.

We will always try to find the best way of helping you. Sometimes, that can mean we just see the person who looks after you. That could mean that you and your therapist hardly ever

meet! Other times, we may meet with you too. Your therapist will let you and your parents or carers know what we plan to do.

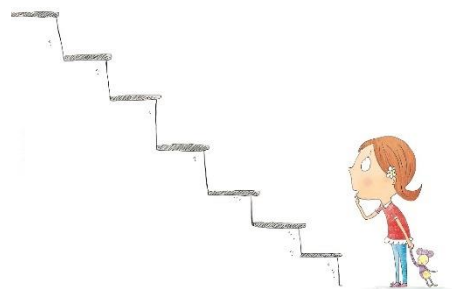
How long will the therapist be seeing me for?

It depends on how long it takes for us to help with the problem! We will talk to you about that at the start of your sessions.

What if I don't want to see my therapist?!

It can be scary or worrying to see a therapist and think about problems.

It is important that you tell the person who looks after you about how you're feeling. If you can also tell us, that would really help too. We will really want to understand why it feels bad.



Most of the children we see enjoy seeing us.

They get to share fun things they've done and tell us about what has gone well or not very well.

If you have any more questions or worries before seeing your therapist for the first time, then you are welcome to talk to us. You can call or email Gateway Psychology or you can ask someone in your family to do that for you.

What should I do if there's something I'm really unhappy about with Gateway?

Tell the person you trust most about the problem. That could be your parents or carers. It could even be your teacher, social worker or another person in your family.

It would be great if you feel that you could tell your therapist. You could talk to your therapist or write it down if that feels easier. The person you trust could help you tell the therapist if you need them to.

We promise that we will take it seriously. We will try and work out a way to make it better.

If you don't feel like you can talk to us about it, you could contact one of the companies over the page.

Health and Care Professions Council

Park House,
184 Kennington Park Road,
London,
SE11 4BU
Tel: 0845 300 6184
Web: hcpc-uk.org

Ofsted

Piccadilly Gate,
Store Street,
Manchester,
M1 2WD
Tel: 0300 123 1231
Web: ofsted.gov.uk

Children's Commissioner for England

Sanctuary Buildings,
20 Great Smith Street
London,
SW1P 3BT
Tel: 020 7783 8330
Web: childrenscommissioner.gov.uk

Other Enquiries

For all other organisations (including local services), please contact the Children's Services department at your Local Authority.

Thanks!

If you would like to talk about anything else, please get in touch on 01782 919520 or via email contact@gateway-psychology.co.uk.

