Talking Therapy Explainer

Understanding your Talking Therapy sessions at Gateway Psychology

gateway psychology



Talking Therapy is the broad umbrella term for psychological approaches where a child or young person will speak with their clinician to explore their thoughts, feelings, behaviours and life experiences – the aim of this is to improve their emotional wellbeing and developing healthier ways of coping.

Talking Therapy can be delivered one-to-one with the child or young person or with their parents/carer too. It includes approaches such as counselling, cognitive behaviour therapy (CBT) and other relational or attachment-informed models such as Dyadic Developmental Psychotherapy (DDP). These approaches help to make sense of experiences, understand patterns in their emotions and behaviours and develop more adaptive coping strategies within a safe therapeutic relationship.

What are Talking Therapy sessions like?

Talking Therapy sessions usually begin with a brief check in to understand how the child or young person is feeling that day, followed by exploration of current difficulties and recent events.

Sessions provide a calm, structured space where the child or young person can talk openly with their clinician about their thoughts or feelings and experiences.

The clinician will support the child or young person to reflect on emotions, make links between experiences and behaviour and develop healthier coping strategies. When appropriate, parents/carers may be involved to support understanding and consistency at home.



gateway psychology

How is progress monitored?



You and your clinician will meet regularly to review your Talking Therapy sessions and discuss how best to meet your family's needs.

A review is also a time for you to bring any concerns you have about your child and the sessions. You are welcome to bring a friend or relative with you to reviews. Please let us know in advance if you are going to do this.

gateway psychology

Video and audio recording

Your Talking Therapy sessions may need to be video and audio recorded.

We will ask for your verbal and written consent before recording any of your sessions. Your clinician will use these for analysis purposes and to prepare for feedback sessions with you.

Confidentiality

Your video recordings will be stored in accordance with our Data Protection and Confidentiality Policy.

Will my videos be shared anywhere else?

Your clinician may share your videos confidentially with their supervisor. We will ask for your consent before doing this. We will not share your videos anywhere else, unless required to by law.

gateway psychology

Confidentiality

Sharing information

Your clinician will not share information with any other person or agency without agreement from you (and your child, if appropriate), except when it is required by a court of law or a local authority, or if they believe your child or another person is at risk.

Please see our Data Protection and Confidentiality Policy for more information.

Notes and reports

Your clinician will keep notes about Talking Therapy sessions for their own use and for supervision.

At the end of the intervention, they will write a summary report for you. They will not share notes or reports without your consent unless required to by law.

gateway psychology

Other documents to read

As well as this talking Therapy Explainer, please read the following documents (where applicable) before your sessions begin:

- Parent/Carer Information Pack
- Schedule of Services
- Terms and Conditions
- Children's Guide/Young Person's Guide (as appropriate)

You will also need to sign and return the following forms:

- Registration Form
- Consent Form
- Outcome Measures (questionnaires)

These will be sent to you electronically using the e-signature platform, PandaDocs.

gateway psychology

Our contact information

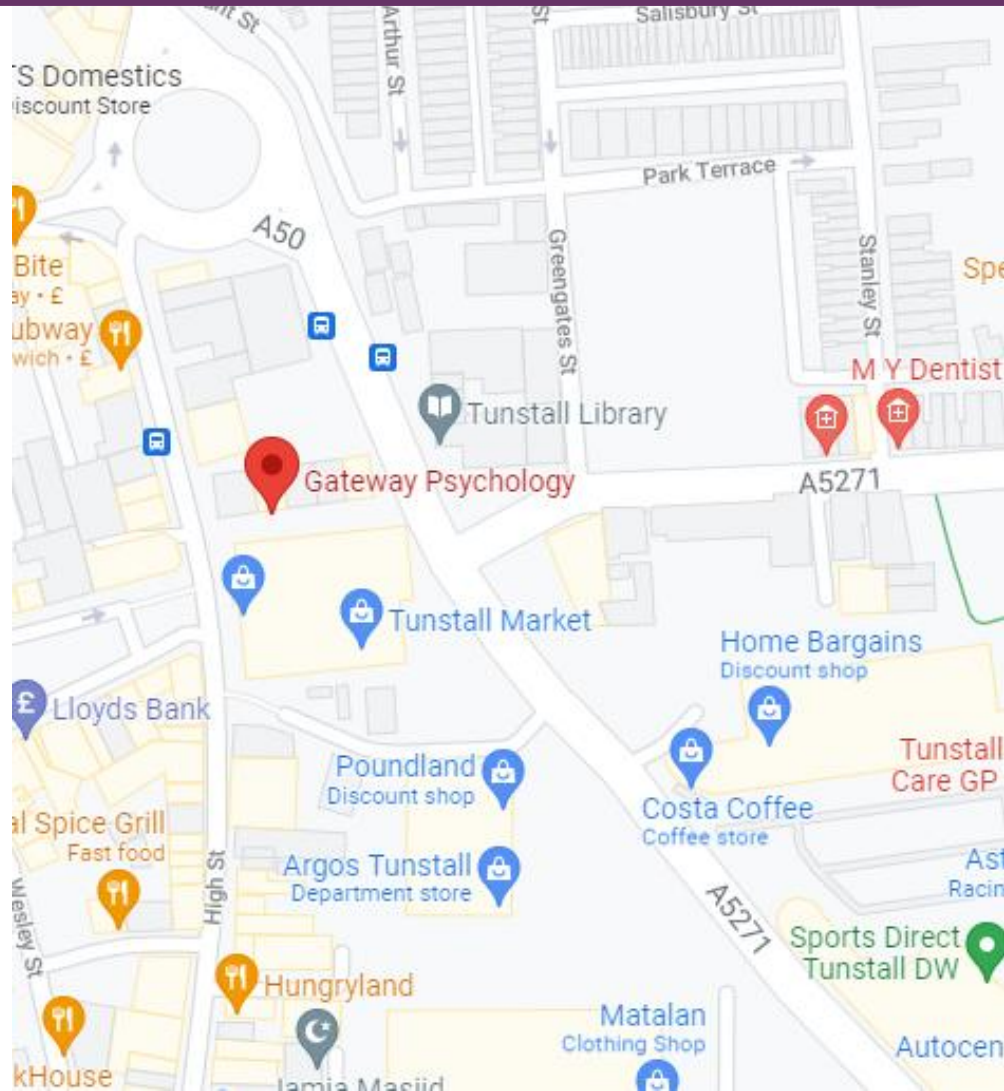
7-9 The Boulevard, Stoke-on-Trent, ST6 6BD

contact@gateway-psychology.co.uk

01782 919520

https://www.gateway-psychology.co.uk

https://www.facebook.com/gatewaypsychology



gateway psychology