Therapy Explainer

Understanding your therapy sessions with Gateway Psychology

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If you have been referred to us for therapeutic intervention or we have recommended this type of work, we know that it is not always clear what ‘therapeutic intervention’ or ‘therapy’ means.

This short guide is designed to help you understand what to expect and what the process has been to get to this point.

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Who is Gateway Psychology?

We are an independent private psychology company.

We are contracted by Local Authorities, private individuals, insurance companies and other organisations to provide psychological services, including assessments and therapy.

We are not part of Social Services or the Local Authority.



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We have had a lot of delay getting to this point, why is that?



We understand that it can be very frustrating to experience delays when help is badly needed! We try to respond as rapidly as we can. Unfortunately, we are one link in a lengthy chain of events that can include our own assessments, Social Worker assessments, Local Authority funding applications etc.

Where applicable, it is best to follow up with your Social Worker who has a pivotal role in all this if you were referred to us by your Local Authority.

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What is therapeutic intervention?

The therapeutic services we provide are designed to help children, young people and families through the challenges being faced at a particular time, whether emotional, behavioural, relational or developmental.

Our clinicians are highly qualified in helping you and your child/young person. They are experienced in a wide range of therapeutic approaches to provide the most appropriate intervention.



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What happens during therapy?

Depending on the type of work agreed (and what both you and our clinicians have identified as the most appropriate course of action), the therapy could involve talking, activities, creative activities or playing.

Please bear in mind that the approach may evolve over the course of the therapeutic intervention.



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Do you only work with the child/young person?

We recognise that the child or young person exists within a wider, often complex context. We are careful to ensure that the 'problem' is not seen to be solely located within the child.

That could mean that we only work with the parents/carers or it could mean we work directly with the child/young person or both together. This is dependent on your situation.

It could also be dependent on the package of work agreed by the Local Authority.

It is not unusual for us to work primarily or exclusively with parents and carers; they can see themselves as part of the therapeutic team!

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Is therapy different to assessments?

The goal of assessments is to find out more about your situation and to understand the needs of the child or young person.

On the other hand, therapy is designed to help the child or young person (and wider family) work through the difficulties they may be experiencing, usually identified as a result of the assessment.



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How long will the therapy last?

In most cases, we believe that therapy is most successful when we can offer in-depth, regular and long-term support.

The length of therapeutic input with the child/family depends on the nature of the situation and the type of input needed. It is also dependent on funding agreements. Your clinician will be able to advise on your individual situation when you meet.

Please bear in mind that there are no ‘magic wands’ when undergoing therapeutic intervention.

Progress is dictated by the ability of the child, young person, parents or carers and the ‘system’ to adjust in order to effect changes. It is also quite possible that things get worse before they get better!

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What happens if I cannot attend an appointment?



Please be advised that you must let us know at least 24 hours before your appointment if you cannot attend. If you do not attend without letting us know or cancel within 24 hours, we will need to charge for the missed session.

That will mean you or the child/young person will get fewer therapy sessions overall. Repeated missed sessions without appropriate notice could result in an impact on the outcome of the therapy. Please see our terms and conditions and your Information Pack for more detail.

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Where are appointments held?

Most appointments will take place at our specialist therapeutic venue in Stoke-on-Trent.

We do not see clients in their home or elsewhere.

We may offer virtual sessions if required or appropriate for the intervention.



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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 your 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.

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Other documents to read

As well as this 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, PandaDoc

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Our contact information

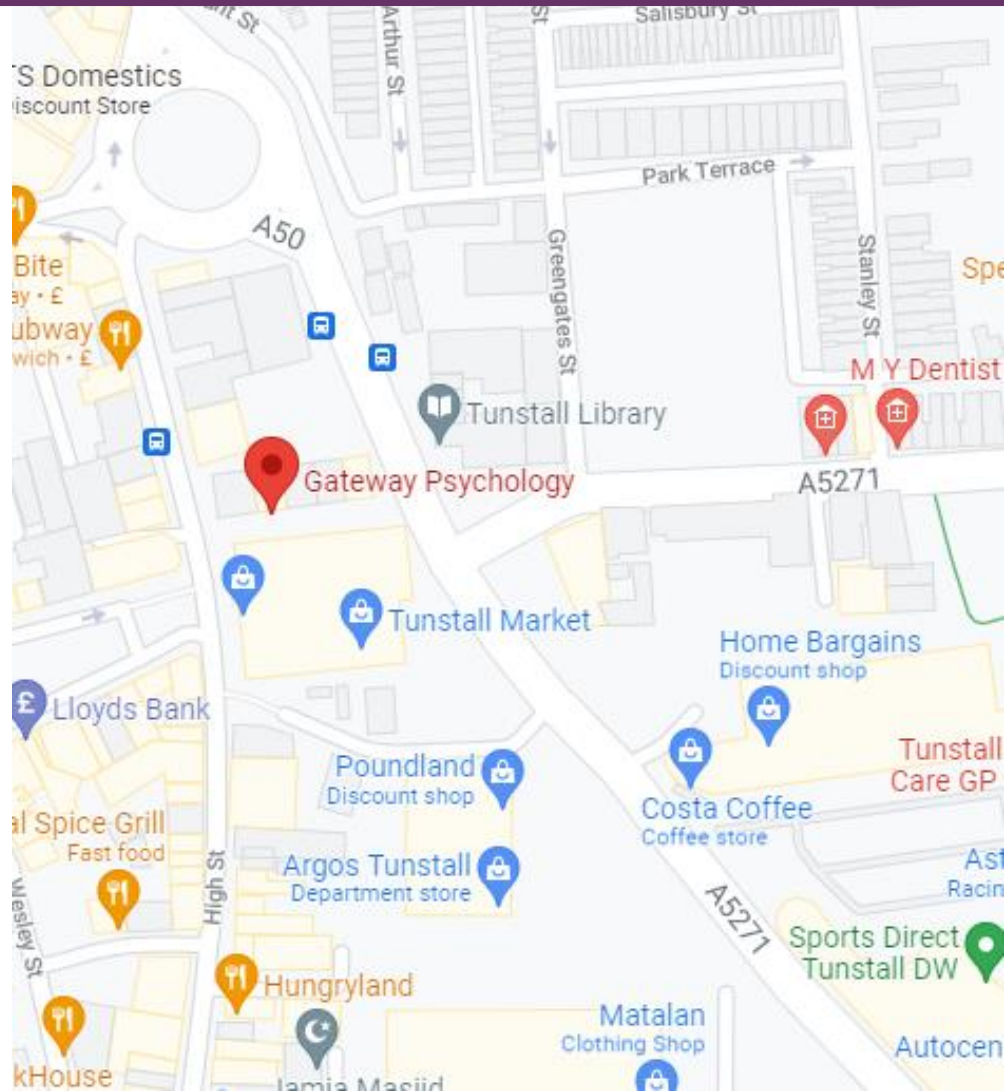
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