



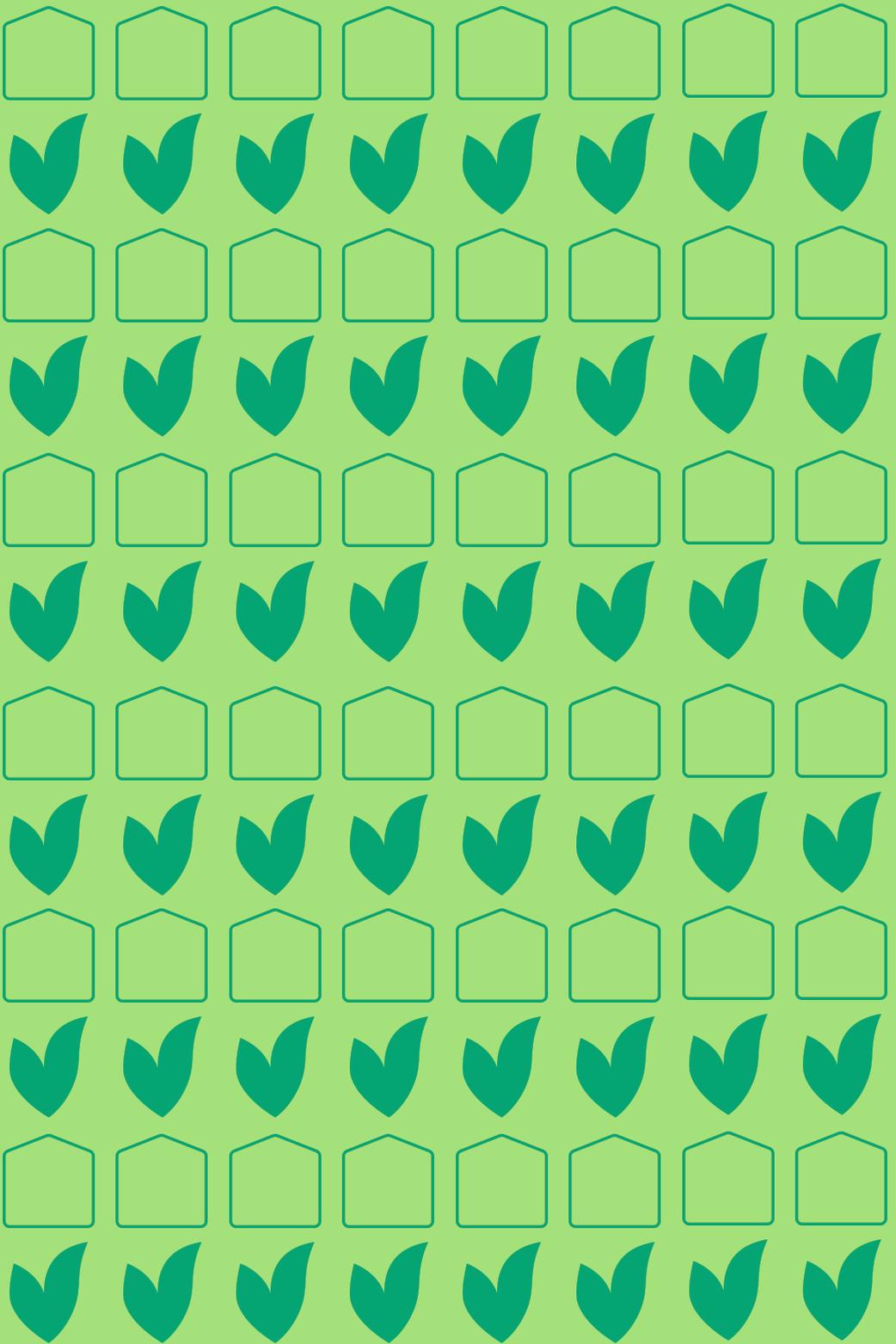
# What is therapy?

A GUIDE FOR YOUNG PEOPLE

*Are you thinking about coming to  
The Green House for therapy? Or  
perhaps waiting to start?*

*This booklet tells you more about  
what we offer...*







## **What is The Green House?**

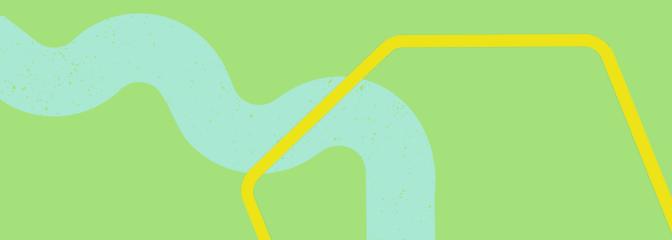
We are a charity who support people who have experienced sexual abuse or assault. We offer free therapy to children and young people of all ages and backgrounds.

## **What is therapy?**

Therapy is a weekly confidential space with a therapist who will listen, take you seriously and support you with whatever is on your mind.

## **What is a therapist?**

Therapists are people who have had training to help others with their thoughts, feelings and experiences. They don't tell you what to do or have all the answers, but your therapist will support you to find ways to express yourself through words or creativity, set your own goals and work towards them.



# Why therapy?

Therapy can help people who have been through something traumatic.

We think about trauma as an experience that has overwhelmed a person's body and mind.

Even after the trauma has ended, sometimes people continue to feel unsafe. It can make it hard to do everyday things.

Sexual abuse affects people differently. On the next page, we've shared some of the ways people have told us that they have been affected. Some people find that therapy helps them with things like this...



## Do you ever...?

- Have memories about what's happened pop into your mind when you don't want them to
- Feel numb or 'cut off' from your feelings or your body
- Get strong waves of feelings that are overwhelming, and you don't know why
- Have feelings of guilt and shame
- Find yourself avoiding anything that might remind you of what's happened, or the feelings connected to it



## What types of therapy?

- Talking therapy
- Creative arts, movement and play therapy
- Trauma focussed therapy

*When we first meet you, we'll talk together about what might be most helpful for you. We will listen to your views and make suggestions.*

Here's some more info on the kind of therapies we offer...



## Talking therapy

Talking, thinking & helping you make connections between things

## Creative arts and play therapy

Sometimes it is hard to put feelings and experiences into words. At these times, working non-verbally can be very helpful. You don't need to see yourself as creative to work in this way.

## Trauma focussed therapy

Our therapists are all trained to help people understand how trauma is affecting them. Your therapist can also help you to use structured activities to work through trauma memories so that they are more manageable.

This helps to reduce the trauma reactions people have after sexual abuse or assault.



# How many sessions?

## 12 sessions

can be helpful if:

- you already know the things you want to focus on in therapy
- you want to get to the things affecting you quicker
- for practical reasons 12 sessions is easier to manage.

\*People who have 12 sessions can re-refer again 6 months after ending, if they need and want to.

## 24 sessions

can be helpful if:

- you know it takes you time to feel comfortable with someone new
- perhaps a number of difficult things have happened to you.
- you know you need lots of time to develop new coping strategies.

\*People who have 24 sessions can re-refer again 12 months after ending, if they need and want to.



## Online sessions

Can be helpful if:

- you are juggling school/college and/or work
- you feel anxious about seeing someone in person or if you live too far away.

It is important to us to be able to offer therapy to everyone whether they are physically able to come in person or not.

## Confidentiality

We won't share your information with other people unless you want us to. The only exception is where you or someone else are getting hurt or at risk of harm.



## Will I have to talk about sexual abuse?

Choice is essential in therapy. If you don't want to talk about the details of what's happened to you, then you don't have to. Some young people tell us that they do want to talk or think about it, but they don't know how. Therapists can share lots of ways to help you to do this in a manageable way.

## What might we work on?

- Being in the 'here and now' – not flooded by past memories or worries about the future
- Reconnecting with parts of yourself that are important to you
- Finding ways to look after yourself, soothe and cope with upsetting feelings
- Better sleep!
- Feeling more confident, strong and connected to yourself and others

## Here's what some young people have said about their experience of therapy at The Green House:

I have felt listened to and accepted... as well as safe.

I liked the different amount of things I can do when I'm here... It made expressing myself a little easier.

I realised that what I experience (feel) is normal and that I don't have to be ashamed...

It feels like it has been a long journey to get here. I have been through lots of other services... but finally now understand the root cause of how I feel.

# GET IN TOUCH



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