



## A quick guide to therapy for younger children

The Green House offers different kinds of support to you and your child. Here is some information about the therapy we offer. We hope that you can read this with your child once you've had a look at it yourself.

### How might sexual abuse be affecting your child?

Every child reacts differently. It might depend on many things like the relationship to the person who has abused or harmed them; how long it went on for; when they disclosed, or when the abuse was discovered.

### Changes you might see...

You may notice differences in their behaviour like, sleeping or eating changes or not doing things that they used to enjoy. Your child may show lots of emotions through their behaviour, or they might seem very quiet and 'shut down.' They might be talking about what's happened, acting it out in their play, or not saying anything at all. There is no right or wrong reaction - everybody is different.

### About confidentiality

We would talk to you more about this if your child comes to us for therapy. What we say to children is:

Therapy is between you and your therapist, but you can talk to important people in your life about it. Sometimes, your therapist will talk to the people who look after you so that they know how therapy is going and how they can help you even more – but your therapist will only share what you agree with them! If we are worried that you might be unsafe, we will need to tell other adults so that we can all work together to keep you safe.

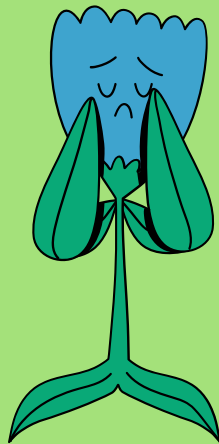
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# The Green House

## What is therapy?

A place where you can go and share your feelings, play and do art.



### Who will I see?

You will see a person called a therapist. They are a grown-up. Therapists help children with their feelings and with difficult things that have happened to them. It is OK if you don't have words... You can play or make things instead.

Have a look at our website to see the therapists.

### Why am I going to therapy?

The Green House is a place that helps children when someone has done something to them that is not OK. When someone touches a child's private parts or does things to them that they are not supposed to, it can be very scary and confusing. We help children when things like this happen.

It is your choice - you can come and meet a therapist and see what you think.

### Where?

You will see your therapist in a room with lots of art things and toys.. In the play room you will be able to choose what you want to do or talk about!

### When?

It will be at the same time each week. Therapy is not forever; your therapist will talk to you about how many sessions you might have.