

A Brief Guide to Therapy for Adolescents

The start

Depending on your age, your parents may have already met with me to make sure that I am somebody who can be trusted. If you would like to be at this meeting, you are welcome. If you are old enough, you may wish to meet with me on your own and make your own decision as to whether you want to meet with me again.

If you do feel you would like to meet with me some more, both you and I will need some time to come to know each other and to see how, together, we can understand the issues that you may be struggling with. Usually these initial appointments – which we call an assessment - can take anything between four and six sessions.

After the assessment, you can think again about whether it feels right for you to continue talking with me. If you decide you would like to carry on, I need to meet your parents to make sure they are supportive of our work. Depending on how old you are, you may wish to be at that meeting too. I will not discuss with your parents anything that is private to you.

Your sessions

Your sessions will last 50 minutes each. Sometimes it is enough to talk once a week. At other times, talking once a week may feel too little and the wait between the sessions too long. We can arrange to meet as often as necessary - whatever feels right for you.

Confidentiality

It is entirely your decision as to whether you want to talk about your therapy to your friends and family. I will keep private what you say to me.

The only exception to this rule is if I come to believe that you, or someone else, may be at risk of harm.

Progress

Often young people start feeling better after some months of work. It is very difficult to predict how long will it take to feel better; it is a gradual process that at the beginning may feel rather slow, especially if you have spent a lot of time trying not to think about your issues.

Useful link:

<https://youngminds.org.uk/find-help/>