

## Our responsibilities to you as a parent/carer

Our psychologists will:

- Seek your permission before working directly with your child
- Listen to what you have to say and acknowledge your point of view
- Explain clearly what he or she is going to do
- Let you know when your son/daughter will be seen
- Let you know what meetings with your child will involve
- Offer a confidential service
- Keep you informed.



## Our Code of Conduct

All our psychologists are members of the Health Professionals Council and are chartered or eligible to be chartered by the British Psychological Society (BPS).



**Please contact the Psychological Service for further information.**

**Psychological Service  
East Renfrewshire Council  
211 Main Street  
Barrhead  
G78 1SY**

**Phone: 0141 577 8510**

**Fax: 0141 577 8562**

**Email: [ps@eastrenfrewshire.gov.uk](mailto:ps@eastrenfrewshire.gov.uk)**

**Website: [www.ea.e-renfrew.sch.uk/  
psychologicalservice/](http://www.ea.e-renfrew.sch.uk/psychologicalservice/)**



## Therapeutic Intervention



**Building Confidence  
and Resilience**

## Our Therapeutic Team

We understand that many young people need extra support from time to time to improve their emotional wellbeing. Our therapeutic team offers support to families and young people up to the age of 18.

We use a range of therapeutic approaches including the solution oriented approach, cognitive behavioural approaches, narrative approaches, therapeutic play, neuro-linguistic programming and EMDR (Eye Movement Desensitisation and Reprocessing).



“ It is estimated that one in four people need additional support to manage their emotions in any given year. ”

Goldberg, D. & Huxley, P., (1992), The Health & Social Care Information Centre, 2009; [www.mind.org.uk](http://www.mind.org.uk)

## Therapeutic Interventions

### Solution Oriented Approach

Helps children and families to focus on their strengths and resources in order to make positive changes in the future. This approach is often used to improve family relationships and encourage positive behaviour.

### Cognitive Behavioural Approach

Supports individuals to develop their confidence, reduce anxiety and improve mood.

### Narrative Approach

Helps children and young people to develop a more positive self identity. This approach is particularly helpful when aiming to develop self esteem and encourage positive behaviour.

### Therapeutic Play

A non-talk therapeutic approach which gives children the opportunity to express their emotions through play. A helpful approach for children who have emotional and/or behavioural needs.

### Neuro-linguistic programming (NLP)

Helps young people to overcome their problems by encouraging them to notice how they think about situations. The young person is supported to focus on the present and future and to notice their strengths and capabilities.

### EMDR

A therapeutic approach for young people who are troubled by traumatic experiences. EMDR helps young people to move beyond difficult memories and flashbacks.

## Information

Therapeutic Intervention is delivered by Educational Psychologists.

Referrals to the therapeutic team are made through the school Educational Psychologist. The referring psychologist will work with families, children and young people to clearly explain the service available and receive consent.



If the therapeutic intervention team can provide support, a member of the team will be identified to work with the child, young person and/or parent. A meeting will then be held which gives all involved the opportunity to describe the young person's strengths and needs. Therapy sessions usually take place weekly and last around an hour. Sessions are held within the Psychological Service office, however alternative arrangements can be made if required.

Once the agreed number of sessions has been completed, a meeting will take place to review the progress made and discuss further support that may be required.