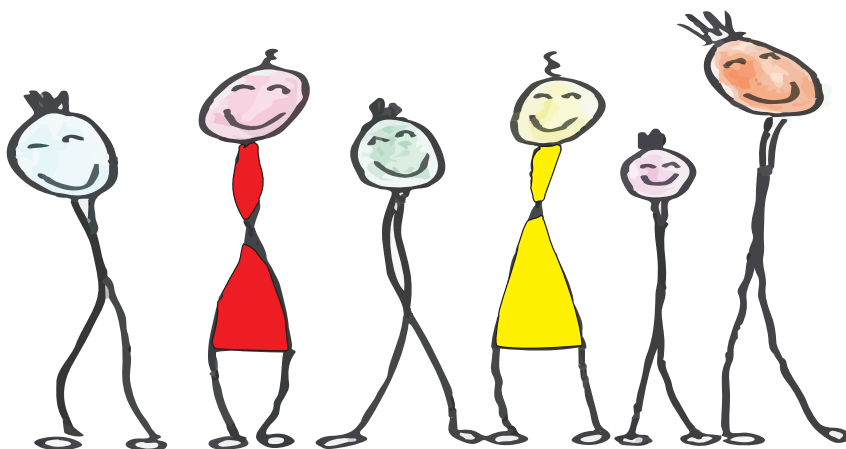


## Community Family Therapy Service



### Child and Adolescent Mental Health Services (CAMHS) information for families

Contact the Family Therapy Service:

The Valentine Centre  
Gorse Hill Hospital Site  
Anstey Lane  
Leicester LE7 7GX

Tel: 0116 295 2909

Email: [feedback@leicspart.nhs.uk](mailto:feedback@leicspart.nhs.uk)

Website: [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)

Your appointment will not be at this venue. We will contact you to let you know where your appointment will be.

With thanks to Damien Farrin who provided the illustrations for this leaflet



## What is Family Therapy?

Many families have difficulties or issues that they have struggled with and been unable to find a solution for. Family Therapy offers families the chance to discuss their difficulties and work together towards finding new solutions to them.

We find that when family members talk together in this way, in a calm place, it can lead to increased understanding of their difficulties. It can also provide a chance to think about how to use their strengths as a family to find new ways of dealing with their difficulties.



Picture by Amy age 10





## Who is the service for?

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We work with different organisations in Leicester, Leicestershire and Rutland. Each organisation will refer families to the family therapist who works in your area. A referral will have been made for you if your worker believes that Family Therapy may be helpful for your family.

You don't need to have been referred to the Child and Adolescent Mental Health Services (CAMHS) already, but if you decide to come to Family Therapy, a referral will be opened to CAMHS and we will keep brief records about our work with you. We will talk with you more about this when we meet with you.

## Who should attend?

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We may talk over the phone with you to decide who should attend, or leave the choice up to you. Some families prefer that everyone in the house or family comes to the first session; others prefer that just parents or carers attend, or come with one or two children.

## Who will the sessions be with?

The service is provided by at least one family therapist and a range of other workers who are experienced in working with children.



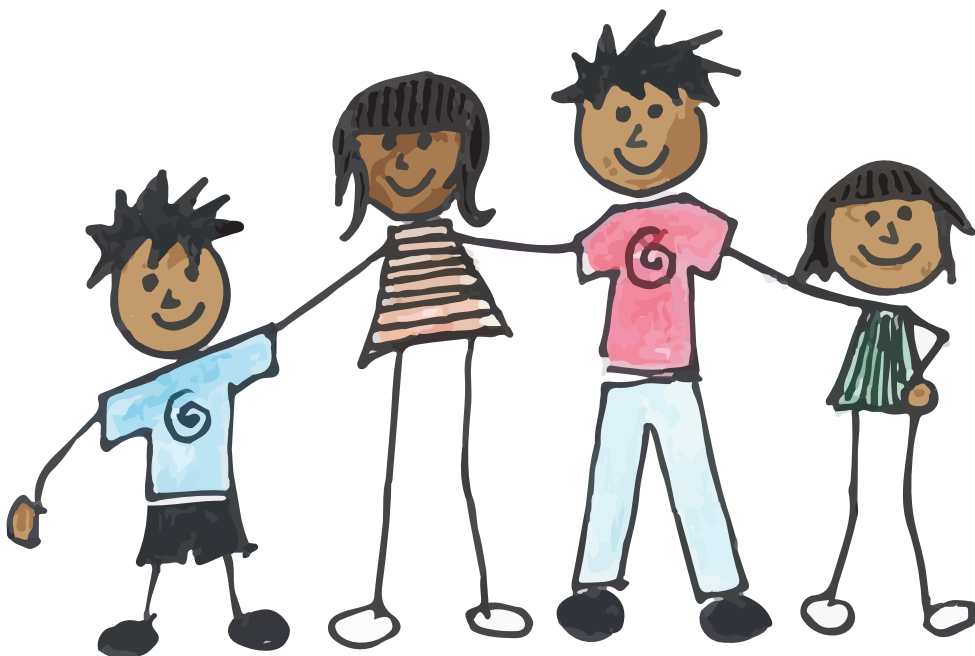


## How often do sessions take place and how long do they last?

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The number and frequency of sessions varies, depending on the needs of your family. There will be an initial assessment session which may involve your worker from the referring agency. At this session we talk together about how family therapy may be useful for your family. This helps you to decide if you wish to attend for family therapy and helps us decide if we are the right service for you. If it is agreed that family therapy could be useful for you, we usually offer 3 sessions and then review with you before agreeing another number of sessions.

Sessions can take place weekly or once every two – three weeks. This varies for each family, depending on your needs. This will be discussed with you on a regular basis. Each session will last between 1 - 1½ hours.





## What will happen at sessions?

The therapist who meets with your family will be most interested in hearing the ideas of everyone, regardless of age, both in terms of what the issues or difficulties are and what they think may help. This enables us to understand how your family wants to change and how we can be most helpful.

The size of the team that you will meet and the way in which they will work with your family, will differ slightly, depending on where you are seen. Usually between two and four workers will work together, with your family.

During therapy sessions, families will have a conversation with one or two of the team. There may be other team members, who you will meet, who will be behind a one way screen or in the room. They are not there to judge your family. Their role is to listen to the conversation, think carefully and generate ideas. They will share their thoughts and ideas with you during the session. Families usually find these ideas helpful to think about when trying to find a way forward.

Families have talked about finding this way of talking quite different from previous experiences and that it can take a little time to become used to it. However, once this happens, they usually tell us that they like to hear the team members' ideas and find this a very helpful part of the session.





## Will sessions be confidential?

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The worker who referred you receives brief feedback after each session, updating them on the main issues discussed. We will also write to them occasionally to advise them of the progress of our work together. You will receive a copy of these letters. Usually, the person who referred you will also advise our team of any significant changes with your family between our sessions.

If we have any reason to be concerned at any time about the welfare or safety of any member of your family we will pass these concerns to the person who referred you and possibly to other agencies. In these rare circumstances our usual practice would be to discuss our concerns with your family first.

## What happens if you are not sure about attending?

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Some families are worried about attending the meetings together and are unsure if it will be helpful. If you are feeling like this it can be useful to talk further with the person who referred you or come to an initial session to talk about Family Therapy, what the sessions will be like and how they may benefit your family. It is not unusual for families to be worried or anxious about coming, but we find that these concerns usually ease quite quickly.





## Where and when do the sessions take place?

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You will be contacted about this once the team has received your referral.

It is usual for us to review our involvement with you regularly to check out if the therapy is meeting your needs, if the focus is right for you and if we need to do anything differently. If at any stage you have any issues you wish to raise about the therapy, we would hope that you would talk with us about these. If you do not feel able to do this, then we would encourage you to speak with the worker who referred you to the service.



Please contact us on the phone number on the front of this leaflet to let us know if:

- You are unable to attend the appointment
- You will need disabled access
- You will need an interpreter
- You have any questions or concerns.

If you need this information in another language  
or format please telephone 0116 295 0994 or  
email: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Arabic

إذا كنت في حاجة إلى قراءة هذه المعلومات بلغة أخرى أو بتنسيق مختلف، يرجى الاتصال بهاتف رقم 0116 295 0994 أو إرسال بريد إلكتروني إلى: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Bengali

যদি এই তথ্য অন্য কোন ভাষায় বা ফরমেটে আপনার দরকার হয় তাহলে দয়া করে 0116 295 0994 নম্বরে ফোন করুন বা [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk) ঠিকানায় ই-মেইল করুন।

## Traditional Chinese

如果您需要將本資訊翻譯為其他語言或用其他格式顯示，請致電 0116 295 0994 或發電子郵件至：[Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Gujarati

જો તમારે આ માહિતી અન્ય ભાષા અથવા ફોર્મેટમાં જોઈતી હોય તો 0116 295 0994 પર ટેલિફોન કરો અથવા [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk) પર ઇમેઇલ કરો.

## Hindi

अगर आप यह जानकारी किसी अन्य भाषा या प्रारूप में चाहते हैं तो कृपया 0116 295 0994 पर हमें फोन करें या [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk) पर हमें ईमेल करें

## Polish

Jeżeli są Państwo zainteresowani otrzymaniem niniejszych informacji w innym języku lub formie, prosimy skontaktować się z nami telefonicznie pod numerem 0116 295 0994 lub za pośrednictwem poczty elektronicznej na adres: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 0116 295 0994 ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ ਇੱਥੇ ਈਮੇਲ ਕਰੋ: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Somali

Haddii aad rabto in aad warbixintan ku hesho luqad ama nuskhad kale fadlan soo wac lambarka 0116 295 0994 ama email u dir: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Urdu

اگر آپ کو یہ معلومات کسی اور زبان یا صورت میں درکار ہوں تو براہ کرم اس ٹیلی فون نمبر 0116 295 0994 یا ای [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk) میل پر رابطہ کریں