

CONFIDENTIALITY

Therapy is confidential. However, we have a obligation to share with the Designated safeguarding leads regarding disclosures around serious crimes. We also have a duty of care to prevent harm to yourself or others. These limits to confidentiality are also be explained in full at your first appointment.

What can I do if I need help immediately?

If you live in *Waltham Forest, Redbridge, Barking and Dagenham or Havering*, you can call the NELFT Mental Health Direct telephone helpline service for help and advice, anytime of the day or night, on **0300 555 1000*** We have somebody on the other end of the line who can help.



Email:

Admin@hopwellschool.co.uk

OR

Rachel.ashitey@hopwellschool.co.uk
(Head of Therapy)

HELPFUL FOR...

- Expressing and exploring thoughts and feelings in a safe space
- Adjusting & stress management
- Growth in creativity
- Personal growth & Identity discovery
- strategies for dealing with anger & frustration
- Coping with life transitions
- Self-esteem & self-confidence support



WHAT IS

PSYCHOTHERAPY

Here at Hopewell we offer a range of therapeutic service for our students who may require additional support. We also offer support to relatives and carers of such our students. This leaflet should offer insight on the Therapy discipline.

HOPEWELLSCHOOL.CO.UK

WHAT IS IT?

Psychotherapy are umbrella terms that cover a range of talking therapies. They are delivered by trained practitioners who work with people over a short or long term to help them bring about effective change or enhance their well-being.



PSYCHOTHERAPY MAY BE HELPFUL FOR...

- Depression
- Anxiety
- Behaviour and conduct disorders
- Learning difficulties
- Eating disorders
- Self harm
- Trauma and attachment problems
- Developmental difficulties
- Maternal mental ill-health (parent-infant work)
- Looked after children (LAC) and adopted children

OUR PROCEDURE

01.

Therapeutic Assessment

When starting Hopewell, all children will have a therapeutic assessment to see their suitability for therapy

02.

Therapy Team

Therapy team will discuss student son what type of therapy is most suitable for

03.

Questionnaires

Once allocated with therapist; they will carry out parental/teacher questionnaires for more background info

04.

Start Therapy

Therapist will carry out introduction & Initial assessment with student (3-5 sessions)

05.

Ongoing 1-1 Therapy

Therapy starts. Therapist will write annual reports and attend necessary meetings

