



# CHILD AND ADOLESCENT PSYCHOTHERAPY

A UNIQUE CONTRIBUTION TO SERVICE DEVELOPMENT

# CHILD AND ADOLESCENT PSYCHOTHERAPISTS

- Understanding complex emotional lives
- Looking beneath the surface of problematic emotions, behaviour and relationships
- An observational reflective stance with understanding of the unconscious
- A focus on the therapeutic relationship
- Only MH profession with exclusive training in 0-25 year age group

# CLINICAL INTERVENTIONS INCLUDE:

- Therapeutic assessments- including assessments for psychotherapy and State of Mind assessments to inform understanding and decision making
- Longer term work with infants, children and young people
- Work with parents, carers and families
- Brief manualised treatments
- Group work

# FINDINGS FROM AUDITS/EVALUATIONS

- Average time in CAMHS prior to Child Psychotherapy referral- 42 months
- Average 2-3 prior treatments
- Multiple complexity factors including social and environmental vulnerabilities
- Findings informed service design
- Enabled quicker, more responsive service.

# APPLIED CHILD PSYCHOTHERAPY INCLUDES...

- Supervision of wide variety of clinicians
- Consultation, Teaching and Training
- Clinical Leadership
- Reflective practise groups- Work Discussion based groups
- Contributing to Service wide design

# WORK DISCUSSION GROUPS: BUILDING RESILIENCE

- A unique form of Reflective Practise
- Belief in the central importance of emotional dynamics of experience
- Focus on relationships and....
- Focus on feelings- (conscious and unconscious) evoked by the task