



INFORMATION FOR PARENTS/CARERS

About Terapia

Terapia's mission is to improve the mental health and wellbeing of children and young people, their families, parents/carers and the professionals working with them.

Terapia is a charity and an established child and adolescent psychotherapy training organisation; validated by the Middlesex University and accredited by the United Kingdom Council for Psychotherapy (UKCP). Terapia's trainees are highly skilled and fully equipped to work sensitively and creatively with children and young people. Trainees undertake a minimum of five years training to qualify as a Child and Adolescent Psychotherapist.

Terapia Schools Service

Terapia provides specialised counselling, psychotherapy and mental health services for children, young people, parents/carers and families through Terapia's School Service. Terapia trainees, from the third year of their training, are placed in schools where they provide weekly therapeutic sessions to students, families and staff during the academic year. The work of trainees is closely supervised by Terapia approved, qualified clinical supervisors who have years of experience working with children and young people.

Terapia trainees use in-depth counselling skills and non-verbal techniques such as art, play, drama and music therapies to enable children and young people to express themselves, work through difficulties, release anxiety and improve their self-esteem. Terapia trainees also work with parents/carers and teachers, helping them to better understand children's behaviour, reduce conflict and increase connection.

Benefits for children and young people supported by Terapia's Schools Service include:

- A reduction in emotional and psychological distress.
- Enhanced well-being and self-confidence.
- Improved friendships and peer relationships.
- Fewer behaviour difficulties in class.
- Increased focus and engagement with learning.

If you would like any further information, please contact Pamela, Terapia's School Liaison Lead, on: 020 8201 6101.

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