



Clinicians at Psychology Associates can offer a variety of therapeutic approaches to children, young people and their families, including:

- Cognitive Behavioural Therapy (CBT) (including Trauma Focussed)
- Creative Therapies (Drama, Art, Music)
- Therapeutic Parenting
- Video Interaction Guidance (VIG)
- Eye Movement Desensitisation & Reprocessing (EMDR)
- Counselling
- Dyadic Developmental Practice (DDP)
- Psychodynamic Psychotherapy
- Attachment Based Therapy
- Family Therapy
- Sensory integration with Occupational Therapists
- Compassion Focussed Therapy
- Narrative Therapy
- Speech and Language Therapy
- Theraplay

Psychology Associates

If you would like to talk to a member of our friendly referral team please contact us on:

0845 026 7260

enquiry@psychologyassociates.org.uk

www.psychologyassociates.org.uk

For more information about our services, please contact Psychology Associates.



Cornwall Office:
41-43 Lower Fore St.
Saltash
PL12 6JQ

Exeter Office:
4/5 Southernhay West,
Exeter
EX1 1JG

"The quality of the individualised support provided by the agency is excellent"

Ofsted, March 2019



Psychology Associates

Making a meaningful difference



Therapy Services for
Children, Young People
and their Families

Children and young people often experience difficulties in their lives or can struggle with their mental health. Being able to talk in confidence with an understanding, experienced mental health professional can make a huge difference to them.

Therapists may help young people in a variety of ways depending on their needs and wishes, for instance using play or drawings as well as talking. They may meet with young people alone, or with their parents.

At Psychology Associates, we are a Multidisciplinary team with highly qualified clinicians. These include:

- Clinical Psychologists
- Educational Psychologists
- Wellbeing Practitioners
- Creative Therapists
- Counsellors
- Speech and Language Therapists
- Occupational Therapists
- Child Counsellors
- Assistant Psychologists



We help children with a variety of difficulties, including:

- Anxiety, panic & stress
- Feelings of depression and hopelessness
- Worrying about identity including gender and sexuality
- Problems with relationships and friendships
- Substance and alcohol problems
- Self-injury
- Post-Traumatic Stress Disorder (PTSD) following injury or trauma
- Body image issues around eating
- Family issues and parental separation
- Sexual, physical or emotional abuse
- Emotional regulation (issues with anger)
- Loss and bereavement
- Neuro-developmental diagnoses
- Sensory processing difficulties

“It has helped me let out my feelings and find ways to calm down when I get stressed.” – Therapy client, aged 13

Why are we different?

Our clinicians are highly trained in many approaches which can be tailored to different children's needs.

We offer a prompt and confidential service, and our therapists can be seen in a variety of locations to best suit different children.

We also have excellent knowledge of local services in your area which we can signpost you to in addition to our individual work with a child or young person.

We work with many insurance providers and can often arrange payment under you or your family's insurance scheme.

Please contact us for more information in relation to our fees.



“It helped me feel more in line with myself and helped me understand what I am feeling” – Therapy client, aged 16