

Our clinicians 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)
- Counselling
- Dyadic Developmental Practice (DDP)
- Therapeutic Parenting
- Video Interaction Guidance (VIG)
- Eye Movement Desensitisation & Reprocessing (EMDR)
- Psychodynamic Psychotherapy
- Family Therapy
- Sensory Integration and Sensory Attachment Informed Intervention
- Compassion Focussed Therapy
- Narrative Therapy
- Speech and Language Therapy
- Theraplay
- Play Therapy

Psychology Associates



For more information about our Therapy Services, please contact us:

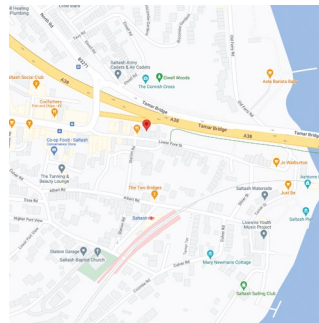
0300 303 5233

enquiry@psychologyassociates.org.uk

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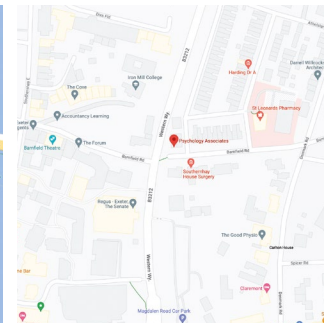
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41-43 Lower Fore St.
Saltash
Cornwall
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Exeter Office:

15 Barnfield Road
Exeter
Devon
EX1 1RR



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 and can struggle with their mental health. Being able to talk in confidence with an understanding, experienced mental health professional can make a big difference.

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

At Psychology Associates, we are a multidisciplinary team of highly qualified clinicians. These include:

- Clinical Psychologists
- Educational Psychologists
- Counselling Psychologists
- Wellbeing Practitioners
- Creative Therapists
- Counsellors
- Speech and Language Therapists
- Occupational Therapists
- Psychotherapists
- 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
- Difficulties with substance and alcohol use
- Self-injury
- Post-Traumatic Stress Disorder (PTSD) following injury or trauma
- Body image issues, such as around eating
- Family issues and parental separation
- Sexual, physical or emotional abuse
- Difficulties regulating emotions
- Loss and bereavement
- Sensory processing difficulties
- Attachment difficulties

'Families report how the therapists put them at ease and build trusting relationships with them. Family relationships are strengthened through effective and timely therapeutic interventions.'

Ofsted 2023

Why are we different?

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

We offer a prompt and confidential service, and our therapists can be seen in a variety of locations, and virtually, 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.

