

See you soon!

Team TCPS

If you have any concerns or comments that you'd rather not talk to us about you can contact either of the organisations below.

<http://www.hpc-uk.org>

<http://www.ofsted.gov.uk>

Park House
184 Kennington Park
Road
London
SE11 4BU

Ofsted
Piccadilly Gate
Store Street
Manchester
M1 2WD

0845 300 6184

0300 123 1231

enquiries@ofsted.gov.uk

Office 4, Lancaster Park, Newborough Road,
Needwood, Burton on Trent, DE13 9PD

T: 01283 840051

E: enquiries@thechildpsychologyservice.co.uk

W: www.thechildpsychologyservice.co.uk



THE CHILD PSYCHOLOGY SERVICE

Children's Guide

What is The Child Psychology Service (TCPS)?

TCPS is a team of Psychologists & a Therapeutic Life Story Worker who help children, and the people who look after them, with difficult feelings, thoughts and behaviour.

What will our sessions be like?

We'll usually come and see you at your home and we will have spoken to the person who looks after you before we meet.

We'll work with you and your family to work out the best way to help before we start trying to change things for you.

We'd love to hear what you think of the idea of us coming to see you and what, if anything, **you** would like us to try and help with.

How often will I see you?

We usually visit children and their families every week but it can be more or less often depending on what we decide between us.

Sometimes we can work with your family and we hardly ever meet! This can sometimes be the best way of helping you.

When we see you (usually with someone from your family) it will be for around an hour.

What should I do if there's something I'm really unhappy about?

Tell the person you trust most about the problem. If you then both feel that you could talk to us about that would be great. You could talk to us or write it down. We promise to take it seriously and try and work out a way to make it better. If you don't feel like you can talk to us about it you can contact one of the two organisations over the page.

How long will you be coming to see me for?

It totally depends on how long it takes for us to help with the problem! We'll talk about this at the start though.

What will we do?

Sometimes we will be with your family, sometimes just us. We will talk a bit but we might also play or paint or draw!

What if I don't want to see you?!

This sometimes happens. It can be scary or worrying to see someone and think about problems. It's really important that you tell your family and, if you can, us about how you're feeling about us coming to see you.

We promise we won't be cross, We really want to understand why it feels bad.

Having said all that, most of the children we see enjoy seeing us. They get to share fun things they've done, tell me about all their successes and play a bit too!

If you have any questions before I visit, then you are welcome to call or email us or you can ask someone in your family to do that for you.

