

## Are the sessions confidential?

What children express is confidential, unless the therapist feels that the child or someone else may be at risk.

## How can the family help?

The family can help by supporting the child during their time in therapy. This will encourage the child to share any difficulties they may be experiencing.

## Are the therapists qualified?

The therapists are qualified. The under 10's service therapists are members of the BACP (British Association for Counsellors and psychotherapists) and abide by the ethical framework for good practice.



**Young Person's Advisory Service**

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# YPAS

**Under 10's,  
Counselling, Play and Art  
Therapy Service**



**Young Person's Advisory Service**

## What is therapy?

Creative therapies use art and play to help children explore and express their feelings. Sessions are weekly and provide a safe, consistent and confidential space. Children are offered the use of different art materials and toys to work through their experiences and feelings with a trusted adult.

Therapy is based on a voluntary relationship which means there is a choice if the child wants to attend or not.

## How does therapy help?

When difficult feelings are expressed, it becomes easier to understand and make sense of them. Through this new understanding, it is hoped that children can come to term with their difficulties and move forward through creativity and play.



## Why do children see therapists?

Sometimes when children are growing up, changes at home or at school can be difficult to cope with. They may experience feelings such as:

Anger	Fear
Sadness	Worry
Hurt	Loss
Confusion	Panic
Loneliness	Guilt

Difficult feelings can be hard to put into words— sometimes a colour, shape or texture can communicate more effectively than a word can. Children can use toys, sand play, paints and clay to express their feelings.

## What do we provide?

We provide a safe and secure space where children can express how they feel and are listened to. The therapist and the child work together by creating, talking and sharing to help understand what the child's feelings mean.



We offer 1 + 8 sessions where the child will meet with the therapist at the same time and in the same place every week for up to one hour.

## How can I contact the service?

You can refer to the service directly by contacting Nik Kavanagh (Counselling Administrator) 0151 702 6064 who will take your referral.