

We value your Views

We value your comments

If you are in any way unhappy with the service you receive, we would like to hear from you immediately. Similarly if you feel the service is helpful we would like to hear that too.

What you think and feel matters

You can speak directly to the Family Therapist you are working with and they will try to sort out your problem on the spot. However if after talking to them you are still not happy, you can talk to the Senior Family Therapist.

If after talking to these people you still have concerns, you can speak to someone who is directly involved in your care by contacting the:

Corporate Complaints Officer

Trust Headquarters
Craigavon Area Hospital
68 Lurgan Road
Portadown BT63 5QQ

Tel: 028 3861 4150

Email: complaints@southerntrust.hscni.net

You can also access our leaflet "We Value Your Views" on the Southern Trust Website
www.southerntrust.hscni.net

Contact Details

Craigavon and Banbridge Child & Family Clinic

Bocombra Lodge
2 Old Lurgan Road
Portadown
BT63 5SG

Tel: 028 3839 2112
Fax: 028 3836 1968

Newry and Mourne Child & Family Clinic

Needham House
Kiln Street
Newry
BT35 8EQ

Tel: 028 3083 5400
Fax: 028 3082 5568

Armagh and Dungannon Child & Family Clinic

South Tyrone Hospital D Floor
Carland Road
Dungannon
BT71 4AU

Tel: 028 8771 3494
Fax: 028 8771 3493

If you are a smart phone user you can scan the QR Code for more information on the CAMHS Service or log on to:
www.younghealthymindsni.co.uk



HSC Southern Health
and Social Care Trust
Quality Care-for you, with you



What is
Family

Therapy

Building Family
Strengths

What is Family Therapy?

You may be offered Family Therapy following assessment in Child and Adolescent Mental Health Services. Family Therapy is about helping families work together to find new solutions that work for them.

How might it help me or my family?

Research shows that Family Therapy is useful for children, young people and adults experiencing a wide range of difficulties and circumstances as well as relationship problems. These include:

- Family communication problems
- Child/adolescent behavioural difficulties
- Self-harm, school refusal, conduct disorder
- Eating disorder
- Bereavement/loss/separation
- Trauma
- Fostering/adoption, kinship care or looked after children.

What happens in family therapy?

We are systemic psychotherapists who are UKCP registered and we are trained to work with children, young people and other professionals. We do not take sides or blame but try to find ways of talking together with your family about positive changes and to find ways that work for you.

We understand the challenges of coming together for some families and we are mindful of this when we meet. Sometimes we work as part of a team with other colleagues and sometimes we work on our own.

When you first come to meet the Family Therapist we will discuss with you how we might wish to work together and listen to your ideas. We will agree at the first meeting the areas for work and we will review together the progress made on a regular basis.

Some comments from families who have attended the service for Family Therapy

“ We found the Family Therapy to be a lifeline for our family. We learned so much about each other and the family therapist had great skills to help us help our daughter. ”

“ Family Therapy helped us take time out of our very busy and stressful lives to take a step back and look at what we needed to do differently. My son had been attending on his own a lot so it felt good when we were also involved because these were things we all needed to do differently. He is doing really well now. ”

“ It was very hard at the start sitting down to talk together about the difficulties because we had never really done that. It always ended in a row and we didn't listen to each other. The Family Therapy helped us with this. The wee ones surprised me with what they said and we had a laugh too. ”