



Helping you to  
learn to get used  
to situations that  
might remind  
you of what  
happened

To make a referral, or for advice and information,  
you can visit us online, email, or call on  
**0330 363 0063**

[www.rapecentre.org.uk](http://www.rapecentre.org.uk)  
[support@rapecentre.org.uk](mailto:support@rapecentre.org.uk)

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POLICE COMMISSIONER  
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# Therapy Information for Young People

Providing specialist therapy for  
children and young people.

**rasasc**   
**Rape and  
Sexual Abuse  
Support Centre**  
for adults, children and young people  
in Cheshire and Merseyside

We provide specialist therapy for children and young people.

**This therapy can include sessions with parents or carers, and it is important that you want to have therapy, and that you are able to attend regular sessions.**

**We understand that some young people might not want their parent or carer to be so directly involved in their therapy. If you are over 13 years-old, we will talk to you about this and will respect your wishes where we can.**

The model we use for the therapy is Trauma-Focused Cognitive Behavioural Therapy (TF-CBT), and it is just as its name suggests:

- It is trauma-focused, to help people get over traumas.
- It is used with children and young people.
- It is based on Cognitive Behavioural Therapy (CBT) which looks at how what we think and do affects how we feel.

The therapist can offer a range of approaches when working in sessions, which may include talking, play or creative activities such as painting or drawing.

The approach used will depend on what you feel most comfortable with.

**This type of therapy is very helpful for people who have been through trauma.**



**Your therapist will cover any or all of the following:**

- Information about trauma and its effects
- Discussion with your parent or carer to help them to develop the skills that they need to help you with any difficult thoughts, feelings and behaviours that you may be experiencing
- Helping you to develop skills to control your emotions
- Helping you to learn relaxation skills
- Teaching you about other mental skills, for instance addressing unhelpful thoughts
- Helping you to talk about and work through what happened to you and helping you to make sense of it
- Helping you to learn about ways to get used to situations that might remind you of what happened

**Trauma-Focused Cognitive Behavioural Therapy (TF-CBT) is flexible and we will always listen to you and try to meet your needs at your own pace. No one will make you talk about or do anything that you don't want to.**

Your wellbeing is central to our work – if at any point we feel that we are not the right service to meet your needs, or that additional support would be helpful, we will discuss this with you and may make a referral to other relevant organisations.