

A NOTE SPECIALLY TO THE TEENS/YOUNG PEOPLE THEMSELVES

Hello! Well done for getting this far and reading this.

My guess is seeing someone for therapy can feel like the very last thing you want to do. You may be wondering who I am and what do I know about being a kid or a teenager? I am a lot older than you for a start!

First of all, I like kids and teenagers! I think I will be able to find ways of helping you with what you are going through right now. I have worked with kids a lot, from all ages and backgrounds and experiences. Having said that, what I am interested in is what is going on for YOU. There is no problem too big or too small, every problem is important (even if you don't think it is worth my time).

It would be great to see how one session goes and then we can see how you feel after that. I really have heard it all, I won't be shocked and you can totally be yourself when you come to the therapy. I will do my best to make you relaxed and comfortable with me, therapy doesn't work unless I can get you to feel that way. I am definitely not formal or stiff and I'd be very happy to introduce you to my dog too if you like! His name is Bruce and he will probably look everywhere but the screen!

I would like to meet you and help you sort some things out. Therapy can help you get stuff straight in your head and, with any luck, bring you some comfort and calm in your life. It can hopefully give you a boost and figure out what is happening, why it is happening and what you want to do about it.

Your family probably really want to help but family are different to therapy and that's really important. A therapy relationship doesn't have all the emotional stuff that family relationships have got to have (like love and anger and fun and resentment and all those different feelings). This, for a start, can often make it easier to talk to me about things that are hard (after you've got to know me a bit) as I don't have all of that other emotional stuff with you. Being a kid or a teen is tough and sometimes things are too big to handle alone. This is where I can come in for a little while.

I look forward to hopefully meeting you.

Justine