



Information for Children and Young People about CTC Psychological Services

Why do people come to see CTC therapists?

- Lots of children who come to see CTC therapists are part of their family through adoption. Some others have become part of their families through fostering or special guardianship. A lot of the children have been separated from birth parents, and other important people in their lives.
- Children can have some memories, along with worries and feelings about what happened in their past. Angry, sad and scared feelings can start to be bottled up inside, and we understand it can be hard to talk about these feelings and memories.
- The therapists will help you understand and talk about some of the difficult situations you may have experienced in the past. They will also listen, and talk with you about how it feels to be adopted, or looked after by foster carers or special guardians.
- Our therapists can also understand, and help if you feel bullied at school or at home. Together, we will work out ways to make things feel better for you.
- We will help your parents and carers too. We will help them to help you, so when you are having difficulties they are there to support you.

What will we be Doing?

- When you visit our therapists, we will talk, draw pictures, play with games and activities and find out about things happening in your life that you feel you need help with.
- We will listen, and talk with you about who from your family needs to come to see us again and how often.
- Each time you visit our therapists, it will be with your parent or a carer, or another helping adult. We can carry on painting, drawing, playing and talking about the things you feel you need help with.
- We will always do our best to answer questions you have for us.

The Children who come to see CTC therapists

- Every child who comes to see a CTC therapist will be offered help. Some children are boys, some are girls. Some are black, or white or Asian, some are mixed race. Some are from this country, and some were born in other countries. Some of the children have disabilities.
- Children who come to see our therapists have parents. They could be a mum and a dad, two mums or two dads. Some have one parent. Some children live with their grandparents, aunties or uncles, or other relatives. Everyone is welcome at CTC.

About Us

- Our Therapists and Psychologists understand adoption, fostering and special guardianship.
- People may work with one and sometimes two Therapists or Psychologists. They could be men or women.
- We are here to listen, and to help you and your family feel better about things.

Tell us what you think

- Your thoughts are very important to us. You can write to us, call us or email us. Ask your carer or parent if you need help doing this.
- You will be asked to fill out some forms to let us know what you think about CTC.

What to do if you are not happy with your experience with CTC

- Tell your parent, carer or another adult what you are not happy about.
- Your Counsellor or Psychologist will always listen to what you have to say.
- If you are very unhappy or upset, then you can make a complaint.

Contact Details

CTC Psychological Services LLP
20 Walpole Street, Chester, CH1 4HG
Tel: 01244 390 121
Email: admin@ctcps.co.uk

There are other people who can help you get your voice heard

Ofsted

Piccadilly Gate, Store Street
Manchester, M1 2WD
Tel: 0300 123 1231
Email: enquiries@ofsted.gov.uk

Childline

Tel: 0800 1111

Website: www.childline.org.uk

Barnardo's

Tel: 0208 550 8822

Website: www.barnados.org.uk