

What if I have any more questions?

If you have any more questions, or would like further information about family therapy, please talk to your therapist or contact:

Family Therapist / Senior Practitioner CAMHS

Second Floor
Whitegate Health Centre
Whitegate Drive
Blackpool
FY3 9ES
Tel: Blackpool 01253 957160

We are an equal opportunities organisation. We subscribe to the United Kingdom Council for Psychotherapy (UKCP) Code of Professional practice.



Useful contact details

Hospital Switchboard: **01253 300000**

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: **01253 955589**

Email: **patient.relations@bfwh.nhs.uk**

You can also write to us at: **Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: **www.bfwh.nhs.uk**

References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation. Details of the references used in writing this leaflet are available on request from: **Procedural Document and Leaflet Coordinator 01253 953397**

Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call:
01253 955588



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Blackpool Teaching
Hospitals
NHS Foundation Trust



FAMILY THERAPY CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

Information Leaflet

Blackpool Teaching Hospitals NHS Foundation Trust
Whitegate Drive Health Centre
150-158 Whitegate Drive
Blackpool
FY3 9ES
Phone: 01253 957160



People Centred

Positive



Compassion

Excellence

This leaflet has been written to answer some of the questions that are often asked when people come to family therapy at Whitegate Health Centre.

What is family therapy?

Family therapy is a way of family members coming together to have conversations which are led by a lead therapist. This is a safe environment which hopefully allows for everyone's voice to be heard. This can include extended family members or close family friends such as partners, grandparents, friends, professionals and even teachers if you want them to.

Who will we see?

Our team is made up of a range of 3-4 mental health practitioners, such as,

- ▶ Family Therapist
- ▶ Mental Health Nurses
- ▶ Assistant Psychologists
- ▶ Clinical Psychologists

What to expect?

During your first appointment we will be hearing about you, your family, your home life and the worries that may have brought you to see us.

You will be introduced to the reflecting team.

We will ask your permission to record sessions on DVD. Most family therapy sessions are recorded because this helps the team to think about your family in between appointments.

What does the reflecting team do?

The team is made up of the 3-4 Mental Health Practitioners. They will spend most of their time in another room, watching the session through a one way screen.

The team will at some point swap rooms with you and the therapist. You can then hear their ideas about what you have been talking about.

You, your family and the therapist will then return to the therapy room and the team will return to the observation room.

How long will we need to keep coming for?

It depends. Some families come for just a few sessions, and other families come many times.

Will we be involved in research?

During your appointment you may be asked to fill out questionnaires which help us in monitoring your progress. We may ask if you are willing to take part in research. You can always say no and it will not affect your therapy in any way.

Will our information be kept private?

Yes it will. All files are locked away, so information is kept safe and secure. We have very strict rules about confidentiality, but if we are concerned about yours or anybody's safety, we might have to involve other people or agencies.

