Family Therapy
Child and Adolescent Mental Health Services (CAMHS)

Information Leaflet

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

Our Four Values:
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 helping people solve their difficulties with the co-operation of those closest to them. It focuses on people's strengths, and on creating a safe environment where problems can be discussed. The family therapy team consider all significant relationships as resources. We also use a broad definition of 'family'. This means that other people (including partners, grandparents, friends, professionals and even teachers) can attend if you want them to.

What will happen when we are referred?
You will get an appointment letter inviting you and your family to a first meeting. The family therapy clinics are held on Tuesdays and Thursdays. Each meeting lasts between 1-1½ hours. Families are usually asked to attend every 3-4 weeks.
Therapy works best if it happens regularly, so it is important that you attend your sessions. If you cannot make your appointment, please let us know in good time, so that we can arrange for another family to have the meeting time.

Who will we see?
Your family therapy team will consist of 3 or 4 qualified mental health professionals, all of whom are experienced at working with families. One member of the family therapy team is a fully qualified systemic family therapist. Several other staff are training toward full qualification.
What will happen during the first meeting? During the first meeting, your therapist will tell you more about family therapy and will introduce you to the team. The team will spend most of their time in another room, watching the session through a one-way screen. However, they will come through at some point to share their ideas with you.

Your therapist will also discuss the possibility of DVD recording sessions. Most family therapy sessions are recorded because this helps the team to think about families in between meetings. You will be able to choose whether or not you agree to this, but no recording will take place without your consent.

The first meeting will be an opportunity for you to tell us about your family, and share your current concerns. It will also allow everybody to consider whether our clinic is the most appropriate service for your particular needs and circumstances. If it is, we will develop a plan together about what you would like to achieve by coming to family therapy.

Who should attend? We find it helpful to meet with all family members who are most concerned with the difficulties. It is usually best if everyone in the family home comes to the first session. However, it is up to you to choose what would be right for you.
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. As a team, we always try to be flexible, and fit around what is needed and wanted by each individual family.

Will we be involved in research?
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, and we are careful to keep information safe. We have very strict rules about confidentiality. However, if we become concerned about anybody's safety during the course of therapy, we might have to involve other people or agencies. In these rare circumstances, we would always discuss our concerns with you first, before deciding whether we needed to talk to anyone else.

After the first meeting, we will send a brief summary and outline of the therapy plan to your GP. A copy of this letter will also be sent to you and whoever referred you to our service.
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 (01253) 957166

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

Family Therapist / Senior Practitioner
CAMHS
Second Floor
Whitegate Health Centre
Whitegate Drive
Blackpool
FY3 9ES

Tel (01253) 957166

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:
Policy Co-ordinator/Archivist 01253 953397

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