



Anna Freud
National Centre for
Children and Families

Child Therapy Service

Information for parents

annafreud.org



Who we help

The Child Therapy Service offers a range of highly specialised therapeutic assessments and treatments for children under five years of age and in to adolescence. We provide support to children experiencing a wide range of emotional and behavioural difficulties including:

- Anxiety
- Depression
- Aggressive behaviour
- Psychosomatic symptoms
- Problems in relationships with peers and significant others
- Struggling to cope with significant life events

Another important part of our work is to support parents to help you make sense of your child's behaviour and to think about the impact these problems may be having on the whole family, as well as providing an opportunity to explore different possibilities in parenting.

To be eligible for this service it is recommend that you live within a 45 minute journey from Anna Freud National Centre for Children and Families.

How we help

Sometimes emotional problems can get in the way of a child's development which could start as behavioural difficulties at school or at home, or they might become very anxious, sad or depressed. Child therapy is a way to treat emotional distress through the exploration of thoughts and feelings that may lie behind these problems.

Child psychotherapists observe, reflect, and respond in words and play, according to their understanding of the child's communications. Thinking and talking with a therapist about their troubled thoughts and feelings can help children to put their experiences into words rather than acting on them.

They are helped to make sense of their experience and to develop their potential in relationships and at school.

To ensure that therapy is the best option for your child we will carry out a thorough assessment (usually 2-3 meetings) to find out more about your concerns and the difficulties your child is experiencing. The length and frequency of treatment will vary depending on the specific needs of your child.

How to find out more

For all enquiries please contact Laura Baver Clinical Intake Coordinator who can tell you more about the service and arrange for one of our child therapists to contact you.

Telephone: +44 (0)20 7443 2261

Email: referrals@annafreud.org



What children and parents say about the Child Therapy Service

"Talking to my therapist helps my dreams not be so scary "

"Feeling supported and receiving clear and insightful advice about caring for and helping my daughter"

"Appointments provide an opportunity to share and discuss family matters not always discussed at home"



Out of hours or emergency contacts

The Centre does not offer any out-of-hours or emergency services for children, young people and families. If you require urgent assistance please contact your GP or visit your local A&E department.

How to give feedback

We really want to hear from the parents, children and young people who use our services. If you have any comments or suggestions about your experience of coming to the Centre we would love to hear from you. Please get in touch by emailing feedback@annafreud.org

Other languages and formats

If you would like this leaflet in a different language or format please ask at reception or contact us at:

Email: Info@annafreud.org

Telephone: 020 7794 2313

How to find us

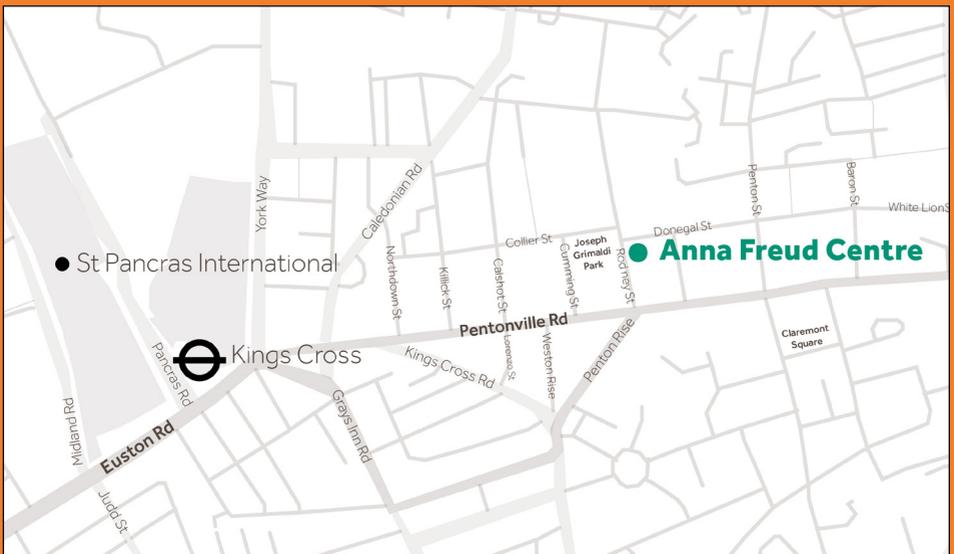
Buses:

No. 17, 45, 46, 63, 259

No. 205, 214, 30, 476, 73

Underground: Circle, Piccadilly, Hammersmith & City, Northern, Metropolitan, Victoria and National Rail.

Overground: Caledonian Road & Barnsbury



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