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## ABOUT THERAPEUTIC INTERVENTIONS

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Direct therapeutic services for children and young people will be provided for Looked After Children, Adopted Children, Children on a Residence Order, Special Guardianship Children and those children on the edge of care.

This direct therapeutic work is evaluated so that progress and effectiveness can be monitored. The evidenced based therapeutic models of intervention are outlined in this leaflet and a Clinical Psychologist within the Reparative Care Team will take a lead responsibility on determining the most appropriate intervention. However the work may be delivered directly by either: Therapists, Social Workers or Therapeutic Support Workers

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## OUR STORY

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The Children & Young People's Plan 2017- 2022 outlines the way in which the Children & Family Community Services will meet the requirements of the Children's Law (2008).

The Reparative Care Team forms part of the Corporate Parenting Strategy and Children & Young People's Plan in line with the 2020 vision.

Additionally the Adoption Reform Law will require a legal framework around adoption support services provided to adopters, adopted children, their siblings and close birth family members.



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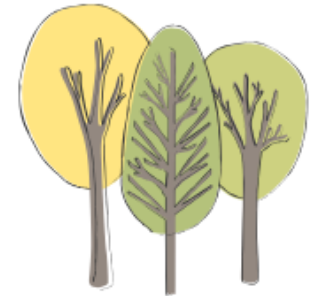


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[www.gov.gg/RCT](http://www.gov.gg/RCT)

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REPARATIVE CARE  
TEAM

HELPING YOU GROW

# Cognitive Behavioural Therapy



States of Guernsey  
Children and Family  
Community Services

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## HOW DOES IT WORK

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CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle.

CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts.

You're shown how to change these negative patterns to improve the way you feel.

Unlike some other talking treatments, CBT deals with your current problems, rather than focusing on issues from your past.

It looks for practical ways to improve your state of mind on a daily basis.

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## CBT

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## WHAT HAPPENS DURING CBT SESSIONS

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If CBT is recommended, you'll usually have a session with a therapist once a week or once every 2 weeks.

The course of treatment usually lasts for between 5 and 20 sessions, with each session lasting 30 to 60 minutes.

During the sessions, you'll work with your therapist to break down your problems into their separate parts, such as your thoughts, physical feelings and actions. You and your therapist will analyse these areas to work out if they're unrealistic or unhelpful, and to determine the effect they have on each other and on you.

Your therapist will then be able to help you work out how to change unhelpful thoughts and behaviours.

After working out what you can change, your therapist will ask you to practise these changes in your daily life and you'll discuss how you got on during the next session.

The eventual aim of therapy is to teach you to apply the skills you have learnt during treatment to your daily life.