

Therapy Contract

- ° Confidential (safe to talk)
- ° 6 sessions 1hour each session
- ° Agreed appointments
- ° 24hrs notification required for cancellation of appointment by client or Therapist.



New Leaf

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Carmeltown

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New Leaf

Therapy



**Thinking about your wishes!
What do you want your
future to be like?**

What is Therapy?

Do you feel lonely or sad?

Do you feel unable to understand adults around you?

Parents are always fighting or arguing?

Sometimes you feel unsafe?

My friends at school ask me questions, I don't want to answer.

I feel that the arguments in my family could be my fault.

If you feel like this, then coming to therapy could help.

If any of the above statements resemble you, maybe therapy can help?



Where does Therapy take place?

Therapy takes place in a safe room with just you and the therapist. Talking to some one in a safe place can help you understand why parents argue and what could be the problems.



I'm still not sure?

My Name is Ceri, and together we can use drawings, play and drama to help you understand you and your family. All information shared in your sessions is kept between you and me. If you would like to talk about coming to therapy you can call me on.

 **.07969703751**