

**WE SUPPORT HUNDREDS
OF CHILDREN & YOUNG
PEOPLE ACROSS
DERBYSHIRE EVERY YEAR**

We offer therapy to children and young people so they can explore their thoughts, feelings and experiences in a way that works best for them.

This can involve talking, but also creative therapy and play.

"This has been helpful to both me and my daughter. I have peace of mind that she is dealing with what happened"

"I could relax and say what I wanted if I wanted to speak. I didn't feel pressured to speak or do anything if I didn't want to. It helps a lot and makes you focus on yourself more"



**ADDITIONAL
SUPPORT NUMBERS**

SUPPORT FOR CHILDREN

Childline

Helpline: 0800 1111

Young Minds

www.youngminds.org.uk

SHOUT 24/7 Text Support
85258

Kooth

www.kooth.com

SUPPORT FOR PARENTS

Young Minds Parent Helpline
0808 802 5544

Qwell

www.qwell.io

TALK TO US

Tel. 01773 746 115
Email: help@sv2.org.uk
www.sv2.org.uk

Charity Number: 1077863



**CHILDREN'S
THERAPY SERVICE**

For ages 17 and under

01773 746 115

9am - 5pm Monday to Friday

WHAT IS CHILDREN'S THERAPY AT SV2?

Creative therapy at SV2 uses art-making and play as part of the sessions.

In a creative therapy session, a child or young person can explore their thoughts, feelings and experiences and express things in a way that works best for them.

WHY USE ART OR PLAY ACTIVITIES?

Creative therapy can help children and young people to produce images or stories that can help to understand themselves and their situation better.

Children's therapy doesn't depend on just words and can therefore be helpful to anyone who finds it difficult to express their thoughts and feelings by talking.

Art and play are a natural language for children so it's easier for them to put across what they know or feel in a creative way.

IN A THERAPY SESSION A CHILD COULD USE THINGS LIKE:

- Felt tips
- Glue
- Pastels
- Glitter
- Paints
- Clay

A child can also make stories using puppets, small figures and use a sand tray.



SV2 aims to help children and young people to recover from sexual abuse and go on to lead a happy and content life.

YOUR THERAPIST IS...

CHILDREN'S THERAPY SESSIONS WITH SV2

A child or young person will work with their therapist on their own for 45 minutes.

The sessions will be every week at the same time, at the same place and with the same therapist.

There are a lot of art and play materials to choose from and the sessions will vary from week to week.

The therapist helps the child or young person feel safe, relaxed and looked after so that they feel able to explore their thoughts and experiences using play and art materials.

To maintain confidentiality with the child, the therapist will keep art work safe and private until the therapy sessions have ended.

Go to our website

