Children’s Trauma Therapy Service, Bradford



The **Children’s Trauma Therapy Service**, at Bradford Family Action is a specialist therapy service for children aged 4-18 years old and their families in Bradford District CCG Area. We work to help children and their families recover from abuse (emotional, physical, sexual, domestic and neglect) and traumatic bereavement. We specialise in working with all forms of **Child Sexual Abuse** including: interfamilial, single incident sexual assault, peer on peer, sibling sexual abuse, Child Sexual Exploitation and online exploitation. **Traumatic bereavements** may include loss through suicide, homicide or other traumatic /violent event; if the child has been involved in the care of a close family member who passed away from their illness; if the death was sudden or unexpected and they are now presenting with trauma symptoms as a result of this loss; if there were existing difficulties in attachment or a history of trauma in the family which are now compounded by the bereavement. Additionally, we specialise in working with **developmental** or **complex trauma**.

We aim to help children and families to understand their responses to these traumas, and make sense of the impact on their relationships, as they work towards recovery rather than being diagnosis focused. Following traumatic experiences children and young people may display symptoms of trauma including nightmares and flashbacks, bedwetting, sleeping or eating difficulties, struggling to separate from carers; they may become withdrawn, display aggression, self-harm, struggle with thoughts of not wanting to be here; or they may become anxious, low in mood or struggle to engage with activities they previously enjoyed.

Referred child(ren) should be living with a supportive adult and be safe from abuse, sexual exploitation and other forms of harm. For cases of sexual abuse:they should be supported by a trusted adult who believes their disclosure. **For all referrals** the child needs to be living in an environment that is safe and stable enough for it to be the right time to begin trauma recovery and attachment focused therapy. We recognise that the relationships around a child are important for their recovery journey and therefore we include the parent/carer and other family members in the assessment and therapy work as appropriate. We welcome self-referrals from families and referrals from professionals. **Information about referrals we cannot accept:** Please note that we are not able to accept referrals for children on a Child Protection Plan due to their primary needs being safety and stabilisation ahead of any therapy work. If the child is Looked After or on a Special Guardianship Order please be advised that there is a CAMHS LAAC referral pathway. We are a purely therapeutic service without access to psychiatrists or crisis workers therefore we are not able to hold cases where this is a significant level of mental health risk including: active psychosis, suicidal ideation where there are active plans, intent or recent attempts (within the last 6 months), significant self-harm including restricted eating, An acute mental health crisis including recent hospital admission (within the last 6 months). If you have concerns about a child or young person experiencing the above then please contact CAMHS 01274 723241 (Bradford) 01535 661531 (Keighley) within office hours or First Response 0800 9521181.

If you /your family, or a family you work with, live in the Bradford District CCG area (i.e. have a Bradford GP) and fall under the listed criteria, please get in touch with us. Just call **01274 651652** and ask for a member of the Children’s Trauma Therapy Service or email [**CTTS@family-action.org.uk**](mailto:CTTS@family-action.org.uk)

**By secure email to** [**CTTS@family-action.org.uk**](mailto:CTTS@family-action.org.uk) **-** Secure emails can be received through at this address through GalaxyKey, Egress Switch & by encrypted email.

**Please send completed referral forms:**

Referral to the Children’s Trauma Therapy Service, delivered by Family Action

Following acceptance of a referral, we offer an initial clinical assessment to the referred family. Following assessment, we may make an offer of direct therapy to the family (with their agreement) and/ or offer specialist consultation to the professional system supporting the child.

The Children’s Trauma Therapy Service is comprised of a highly skilled team of psychotherapists and counsellors. Our therapy team is currently comprised of: Art Psychotherapists, Dramatherapists, a Dance and Movement Psychotherapist, Child and Adult Counsellors and Family and Systemic Psychotherapists. In addition, our clinicians have additional training in dyadic (parent-child) or trauma focussed approaches to therapy. As a team, we are able to offer some of the following therapies to referred families:

* Individual Child Therapy is normally a creative therapeutic approach, using a range of techniques to support children and young people.
* Dyadic (Parent-child) therapy aims to build on positive interactions to strengthen attachment relationships.
* Family Therapy to address the impact of trauma and difficulties in family relationships.
* Trauma-focussed therapy involves using additional therapies to help us process traumatic memories as part of the overall work. In our service, this is normally additional therapies such as EMDR or CATT.
* Therapeutic Parenting: either with individuals or groups of parents. Therapeutic parenting aims to help support and equip parents of children who have experienced trauma. Therapeutic parenting works with an understanding of attachment and trauma in mind.
* Specialist consultation to support key professionals and the system around the child as they plan for the child’s care