

# Therapy and Therapeutic Support



Our approach to therapy and therapeutic support is one which takes into consideration the adults and the environments which children live and move within, as well as the individual needs of the child or young person and their lived experiences. We do not label or diagnose difficulties and needs, but work for change, recovery, healing, development, and growth.

The question should never be, "What's wrong with you, it should only be what's happened to you?"

The therapy team is systemic in its approach to explore how different systems interact with the other and the impact that they may or may not have on the child or young person. We offer EMDR therapy and play therapy to children and adolescents who are supported by accredited therapists.

## EMDR Therapy

Eye Movement Desensitisation and Reprocessing (EMDR) is a psychotherapy for working with distressing or traumatic memories. The theory behind EMDR is that many psychological difficulties are the result of distressing life experiences or events which have not been stored in memory properly and are said to be unprocessed or blocked which prevents healing. The mind will try and heal itself naturally in the same way as the body does, but traumatic memories may need some help being processed to clear the blocks. Once the block, or wounding memories have been removed, healing can resume. EMDR is how we can help the mind recover and heal from traumatic experiences.

## Play Therapy

Play is vital to every child's social, emotional, cognitive, physical, creative and language development. It helps make learning concrete for all children and young people including those for whom verbal communication may be difficult.

Play Therapy helps children in a variety of ways. Children receive emotional support and can learn to understand more about their own feelings and thoughts. Sometimes they may re-enact or play out traumatic or difficult life experiences in order to make sense of their past and cope better with their future. Children may also learn to manage relationships and conflicts in more appropriate ways.

## Therapeutic Life Story Work

Having a clear understanding of their own history enables a child to live more comfortably in the present and to plan for the future. Therapeutic Life Story Work (TLSW) enables the child to share their past with their adopters, carers and others, to link the past to the present and to help understand how earlier life events continue to impact on behaviour. This helps the child to develop a sense of security and permanency and enables carers to develop empathy for the child.

If you would like more information about this or any other of our services please email us at [support@summitpsychologyservices.co.uk](mailto:support@summitpsychologyservices.co.uk)