
ABOUT THERAPEUTIC INTERVENTIONS

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

OUR STORY

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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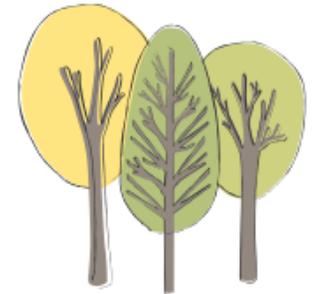
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www.gov.gg/RCT



REPARATIVE CARE TEAM

HELPING YOU GROW

Eye Movement Desensitisation and Reprocessing Therapy 'EMDR'



States of Guernsey
Children and Family
Community Services

WHAT IS IT

EMDR is an acronym for 'Eye Movement Desensitisation and Reprocessing'.

EMDR is a powerful psychological treatment method that was developed by an American clinical psychologist, Dr Francine Shapiro, in the 1980s.

HOW DOES IT WORK

EMDR is a therapy originally designed to treat trauma, particularly Post Traumatic Stress Disorder, but has evolved to be effective with recovery from abuse, depression, anxiety, phobias and prolonged grief.

It uses bilateral stimulation (eye movements or tapping) to help past traumas and events to be "processed" thus enabling you to live more fully in the present.

Sessions are usually 60 minutes long depending on the age and stage of the child. Complex trauma can benefit from 90 minute sessions. There can be wide variance but a single event trauma usually takes between 6-10 sessions to resolve. Complex trauma can take longer.

FURTHER INFORMATION

www.emdrassociation.org.uk

