



The Greenane Centre

Dear Parent/Guardian

You are very welcome to The Greenane Centre, we very much look forward to working with you and your child. Below I outline our Therapeutic Framework.

Parental Intake

Parents/Guardians are required to attend a parental intake sessions, these sessions are for one hour, **your child is not required to attend** parental intake sessions. The purpose of parental intake sessions is for you to meet your child's therapist, discuss your concerns for your child and facilitate your child's therapist to take a full developmental history, sign consent forms and formulate your child's therapeutic plan.

Your Child's Therapeutic Process

Having completed your parental intake sessions, your child will begin their Therapeutic Process. At your child's first session your child's therapist will invite you and your child into our adolescent therapy room and will read a story to you and your child about your child. This story will be formulated from the information you gave to your child's therapist during your parental intake sessions.

- This story will begin with some facts about your child i.e. Name, age, siblings, school etc.
- The next section of the story will name your child's strengths, interests etc.
- The 3rd part of the story will name the reason your child is coming to therapy.
- The final part of the story will focus on some positive aspects of your child's character.

The purpose of the *What I Know About You* story is to let your child know what their therapist knows about them so they do not feel any pressure to talk during the first session. Once your child's story has been read you may leave the therapy room and wait in our waiting room. Your child's therapist will discuss the limits to confidentiality with your child and seek your child's agreement to contract to attend for 3 sessions after which your child's has the autonomy to decide if they wish to continue attending our service. Your child's therapeutic sessions will be for 45 minutes.

1. The first 3 sessions are referred to as the Introduction Connecting Phase. During this phase your child will begin to establish a trusting relationship with their therapist and become comfortable in the therapeutic space.
2. Once the Introduction Connecting Phase has been established your child will begin to move into their Therapeutic Process. We suggest 6 sessions for this phase, which will be reviewed on an ongoing basis. Your child may need additional blocks of 6 sessions, depending on the presenting issue and the time your child needs to process their worries and challenges.
3. Once your child has resolved their concerns your child's therapist will begin planning for the Closing Out Phase of therapy which generally takes 2/3 sessions.

As each child is unique we do not stipulate a exact number of sessions as each child will work through their process at their own pace. The number of sessions required depends on their presenting issue and the rate at which they move through their process and resolve their concerns. Your child's therapist will discuss additional session requirements with you at your parental review sessions.



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Parental Reviews

Parents/guardians are required to attend parental reviews every six weeks, to eight weeks these review sessions are just for parents/carers , **your child will not attend parental review sessions.** Parental review sessions are for one hour, it is during parental review sessions that your child's therapist will discuss with you your child's therapeutic process. Please note your child's confidentiality will be upheld during parental reviews and the focus will be on your child's therapeutic process and their therapeutic needs going forward. You will be invited to openly discuss your observations of your child since commencing therapy. Your child's therapist will also offer you support and guidance on how best to support your child between sessions.

In order for us to ensure an open and transparent working relationship I would greatly appreciate your cooperation and commitment to the outlined.

- Please arrive on time to sessions. Unfortunately we cannot facilitate an extension of your allocated slot if you arrive late.
- If you are going to be late to session please inform your child's therapist as soon as possible.
- 48 hours' notice is required for session cancellation, sessions cancelled within 48 hours timeframe will incur full session fee.
- No show will incur full session fee.
- Please inform your child's therapist as soon as possible of any planned non attendances.
- Payment of session fee is required at time of session.
- Unfortunately we do not have card payment facilities.
- I would be most grateful if you could have the exact session fee available when making payment.
- If you require a receipt please let your child's therapist know, receipts will be issued at 6 week session completion intervals.
- Parents are required to wait in the waiting room while their child is in session, parents are asked **not to leave the centre while their child is in session.**

Session

- Parental Intake Session One Hour
- Parental Reviews One Hour
- Therapy Sessions 45 Minutes

Consistency is a vital component in supporting your child's therapeutic process for this reason your Childs sessions will be at time sometime and same day every week.



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Child Safeguarding Statement

The Greenane Centre is committed to safeguarding the well-being of all children and adolescents who attend our service.

Our Child Safeguarding Statement has been developed in line with requirements under the Children First Act 2015, Children First: National Guidance for the Protection and Welfare of Children (2017), and Tulsa's Child Safeguarding: A Guide for Policy, Procedure and Practice.

We are committed to upholding the rights of every child and adolescent who attends our service, including the rights to be kept safe and protected from harm, listened to, and heard.

The following principles underpin Our Child Safeguarding Statement

- The welfare of the Child and Adolescent is of paramount importance.
- All therapists have a responsibility to protect all children and adolescent who attend our service and will report any child welfare or child abuse concerns to Tulsa.
- All therapists have undertaken training in Child Protection.
- All therapists are accredited and adhere to a Code Of Ethics.
- All therapist engage in regular supervision.
- All therapists are Garda Vetted.

I appreciate your understanding of and commitment to the outlined.

Yours Sincerely

Liz Quish
Clinical Director
087 7800500