

# Thinking Allowed

Information for carers

## Who are we?

We are Anna, Andrew, Anna, Polly, Chris and Sandy. We are part of a team called *Thinking Allowed*. We mainly work with carers, social workers and parents – anyone who has a role in your child's life. Sometimes we also see children and young people up to 18.



## What do we do?

Being in care can be overwhelming and confusing at times. Sometimes you and your child may need support to manage difficult feelings that arise. Your child may speak to you or their social worker about how they feel, or you may have noticed that they are struggling and think some extra support would be helpful.

Firstly we offer you a “choice appointment” where we meet with you and other adults working with your child to get an understanding of why a referral was made and what would be most helpful. At the choice appointment, we decide together if individual sessions / therapy might be beneficial for your child.

## What happens next?

**Partnership appointments.** This is when carers attend sessions without their child. You will have the chance to describe the feelings that you are worried about or what you find hard about looking after your child. We will work together to respond to these concerns. The sessions may be in a group or one-to-one and we can also provide the support and space to guide you in therapeutic re-parenting approaches.

**Individual therapy.** If we decide that your child would benefit from individual sessions, they will meet with a therapist from Thinking Allowed. They can come to their appointment on their own, with you or another adult they feel comfortable with. Your child can discuss what they would like to happen next and this is called their Care Plan. If your child wants to see a different therapist after their first appointment, this may be possible so please tell the therapist or contact your child's social worker.

You may notice your child become unsettled when they start individual therapy. Please encourage your child to attend all their sessions and give them extra support on the days of their appointments as they are likely to be more sensitive than usual.

## Confidentiality & consent

All the information shared with us is confidential. This means that we will ask permission before we share anything about your child with other people. However, if there are any safeguarding concerns we will need to share information. We will always make sure that your child is aware of when and with whom their information is shared.

Consent means that we must explain what our work with your child will be like and then they must give their permission for us to do this work with them. Your child can change their mind about consent at any time.



Community Children's  
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You and your child might find it helpful to look at [www.rvoice.co.uk](http://www.rvoice.co.uk), a website for Bristol's children and young people in care and care leavers.

If there is something your child wants to change about their therapy, please speak to the therapist, your child's social worker or Thinking Allowed's manager [christine.falco@cchp.nhs.uk](mailto:christine.falco@cchp.nhs.uk)

<http://www.nbt.nhs.uk/community-childrens-health-partnership>