



## INFORMATION LEAFLET FOR PARENTS & CARERS

Time4u

TALKING THERAPIES FOR  
YOUNG VICTIMS OF CRIME

### WHAT IS TIME4U?

Time4u is a counselling and psychotherapy service set up for young people aged 13 - 19 years (up to 24 years with additional needs) who have been affected by domestic abuse or sexual violence. This includes young people who have witnessed violence or been affected by violence in their home.

Time4u is the talking therapies side of the charity Embrace, Child Victims of Crime. Time4u is delivered by Embrace Child Victims of Crime, a national charitable incorporated organisation (CIO).

### IS IT FOR MY CHILD?

If your child has been affected by domestic violence or sexual abuse and would like support to talk with someone about how their experiences are affecting them now, this service is designed for them.

**Domestic violence and abuse** is a term which is used to describe any incident, or pattern of incidents, of controlling or threatening behaviour - including violence or abuse. Sexual violence is any sexual act, or attempt to force a sexual act, by violence or persuasion (coercion).

## HOW CAN TALKING THERAPIES HELP?

Talking about a problem in therapy is a bit like identifying pieces of a puzzle to build a picture that begins to make more sense.

Therapy offers the opportunity to speak in private about thoughts and experiences - some of which may be disturbing or be causing distress. Sometimes it's difficult for young people to talk to parents, friends or family about things that are troubling them. Therapists at Time4u understand this and are trained to talk with young people in a different way. They listen carefully to what is being said, without judgement. They will try to understand and support the young person - without telling them what to do.

## WHO ARE THE THERAPISTS?

Counsellors and psychotherapists at Time4u are professionally qualified and experienced in working with young people who have experienced trauma.

## HOW LONG WILL THE THERAPY LAST?

The number of sessions offered is between 8-20. Usually this is agreed at the initial meeting. The type of approach is matched to individual need; it may be focused on addressing one or two key issues, or longer and more in-depth. Typically, each session lasts for up to 50 minutes.

## HOW DOES THE PROCESS WORK AND WHERE DOES THE TALKING THERAPY TAKE PLACE?

On the Embrace website is a Time4u referral form. This can be completed by a young person, a parent, teacher or another party who knows the young person and is concerned for them.

Once the referral is received, the person making the referral will be contacted within a few days. The aim is to do this as swiftly as possible. During this time, new referrals are matched with a suitable therapist in an area which is accessible to them.

Young people who are referred will be offered an initial meeting with a therapist and, if therapy is appropriate and the young person would like to make use of the service, a number of weekly sessions will be arranged at a time that is suitable. Weekly sessions usually commence within 10 days of the initial meeting.

## IS THE THERAPY CONFIDENTIAL?

A key feature of counselling and psychotherapy is that it is confidential. It's a time when it's okay to talk about concerns without fear of them being discussed elsewhere. No young person will be expected to talk about anything they do not wish to talk about.

For young people, confidentiality includes not discussing the therapy with parents, unless the young person requests or gives consent to this. At times it can be hard for parents to accept this, but ensuring the confidentiality of the work is crucial for establishing trust so that young people feel confident to speak openly and freely about their concerns.

If a young person appears to be at risk of significant harm it may be appropriate to seek help from other agencies to keep them safe. The therapist would aim to discuss this first with the young person concerned.

All therapists at Time4u receive clinical supervision of their work with young people to ensure the quality of their practice, and this too is confidential.

## WHAT IF I DON'T WANT MY CHILD TO RECEIVE THIS KIND OF HELP – BUT THEY WANT IT?

If a young person requests therapy or counselling and is able to understand what is involved in the process, then they have the right to access it. It's always preferable for a young person to have their parents' or carers' support for the work; Time4u staff are happy to talk with you about any questions you may have to do with therapy.

## WHAT IF MY CHILD DOESN'T WANT TO ENGAGE IN THERAPY?

The decision about whether or not to take up the offer of therapy is entirely voluntary for young people, just as it would be for an adult.

## CAN I SUPPORT THE WORK?

Support from parents and carers is warmly welcomed. Experience shows that the most helpful thing a parent or carer can do is to express an acceptance of the process as a normal and useful activity, and to show an interest in their child if they wish to talk about it, but not to press them if they don't. This is not always easy for parents or carers, and it is quite natural to feel anxious about what may be being said in the sessions.

## IF MY CHILD WANTS TO SEE A THERAPIST DOES THAT MEAN I'M FAILING AS A PARENT?

This is not the case at all. It can be hard to speak to those closest to us about the difficult experiences we've had. Often there is a wish by the young person not to burden family, or to seek support outside of the usual family ties. The therapist will not be judging you or your child - but helping them find their way through whatever is troubling them.

## WHO FUNDS TIME4U?

Time4u is part of the Cambridgeshire and Peterborough Prevention and Intervention Project. It is funded from the Home Office's Violence Against Women and Girls Transformation Fund, following a partnership bid by the Office of the Police and Crime Commissioner, Cambridgeshire County Council and Peterborough City Council. We welcome referrals from all young people regardless of sex or gender identity.

## DATA PROTECTION AND EVALUATION

Data protection: All information about work undertaken by Time4u therapists is kept securely in line with current data protection regulations (May 2018).

Evaluation: We are required to submit statistical data for each young person we see. We do this by asking that young people complete a brief, anonymous, questionnaire at each session. This lets us know how effectively we are helping people and how we might make changes to improve the service over time.

**Time4u**  
TALKING THERAPIES FOR  
YOUNG VICTIMS OF CRIME

**embrace**  
Child Victims Of Crime



## CONTACTING TIME4U OR RAISING CONCERNS

For any general enquiries, please contact the Time4u number

**tel: 07889 623639**

For general enquiries please contact our Service Delivery Team on 0345 60 999 60

## WHAT ELSE DO I NEED TO KNOW?

To be referred to the service, young people will be aged between 13 -19 years (up to 24 with additional needs) and:

- have been a victim of, or witness to domestic abuse and/ or sexual violence
- be safe from the offender
- be able to make an informed choice about therapy and what it might offer at this stage

## HOW TO MAKE A REFERRAL

There is a Time4u referral form on the Embrace, Child Victims of Crime website.

The address is **[www.embracecvoc.org.uk](http://www.embracecvoc.org.uk)**

You can make a referral yourself or someone can do it on your behalf. Referrals are confidential.

Time4u number for enquiries is **tel: 07889 623639**

Or email: **[time4u@embracecvoc.org.uk](mailto:time4u@embracecvoc.org.uk)**



T: 00345 60 999 60

E: [info@embracecvoc.org.uk](mailto:info@embracecvoc.org.uk)

Published in 2018 by Embrace Child Victims of Crime, 27 Old Gloucester Street, London, WC1A 3AX, registered charity 1166103.

Embrace Child Victims of Crime has an administrative office at 10 Crown Street, St Ives, Cambridgeshire, PE27 5EB.

Time4u is based at The Elms, Hinchingsbrooke Park, Huntingdon, PE29 6NT. Therapy rooms are located around the county.



Home Office