



Child & Adolescent Mental Health Service (CAMHS)

Psychoanalytic Psychotherapy for Adolescents

Introduction

This leaflet answers some of the questions you might have about psychotherapy for adolescents in CAMHS.

Child and adolescent psychotherapists are trained to help you feel safe enough to start making sense of your thoughts and worries, and, in time, to share your distress.

This could be through words, art, playing, dreams or sometimes just sitting quietly with the difficulties.

Many young people can struggle to do this at first.

But we know that when you begin to communicate these struggles, we can help you to make sense of things in your mind which can lighten the load so, over time, you can start to feel better and get on with life.

Who can be helped with psychotherapy?

Psychotherapists work with adolescents from all backgrounds, identities and neurological diversities, and for many different reasons, such as:

- ✓ Depression or low mood
- ✓ Anxiety
- ✓ Trauma (such as physical, verbal or sexual abuse, loss and abandonment)
- ✓ Self harm
- ✓ Eating problems
- ✓ Dysregulated emotions

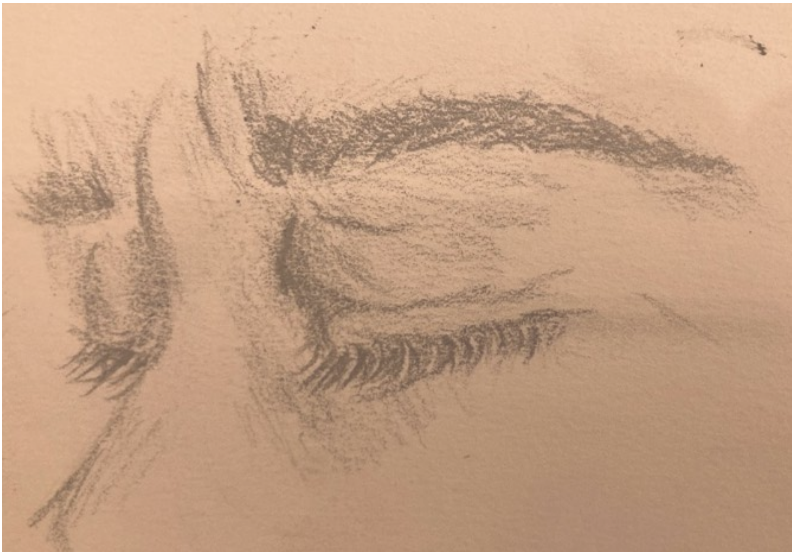
What happens in psychotherapy?

Psychotherapy sessions last 50 minutes and take place at the same time each week in the same place with the same therapist.

Sometimes we use art materials, or we may talk or be quiet together.

At first, it may feel strange or embarrassing to talk about yourself or be with someone new, but we will go at a pace that feels comfortable.

There aren't right or wrong things to say or do in therapy sessions, you can say whatever comes to mind.



Will it make a difference?

Psychotherapy isn't a quick fix; trying to understand emotions and behaviours can take time.

There isn't a rule about how many sessions there will be. Some young people only come for a few sessions, while others come over a longer period.

Over time, you may start to feel a sense of relief and understand yourself better, and you may find relationships within your family, with friends, or at school get easier.

Research based on talking to young people and their parents or carers shows that after therapy ends it goes on being helpful.

Even if you forget a lot of it, you will probably remember quite a lot too and will keep the memories of you and your therapist working together.

Will other people find out what happens in my sessions?

Psychotherapy sessions are confidential, so things aren't shared with your family.

Sometimes, if there is a serious concern about you or someone else, your therapist may need to let people know.

We always aim to talk to you before sharing anything.

We have regular reviews with you, your family and carers.

Beforehand, you'll be asked what you would like to share and what you think about how the work is going.

Is there any support for the adults around me?

It can help if there are separate appointments for your parents or carers alongside your therapy sessions.

This can help your parents understand the process of therapy and can help them think about their relationship with you and ways to support you.

It isn't always possible to offer this, but we try to when we can.

Accessibility

An accessible version of this leaflet can be found on our website: www.oxfordhealth.nhs.uk/leaflets

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Feedback

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