

Such behaviour might include:

- Aggression towards others
- Eating disorders
- Self-harm
- Sexualised behaviour
- Socially inappropriate behaviour
- Social withdrawal

How Can Therapy Help?

Our therapeutic work has a psychodynamic orientation and respects the uniqueness of each person's experience and how they communicate and express themselves. Our therapists use creative approaches such as drawing, art, sand play and creative play as ways of encouraging clients to explore their difficult experiences.

Within the therapy sessions, clients can begin to find ways of expressing all their confusing emotions. When such feelings are expressed in an environment that is both safe and trusting, they slowly become more tolerable and less overwhelming. With time, the client can feel comfortable with expressing the painful emotions within the therapy session, and feel less need to express them through destructive or inappropriate behaviour in their everyday lives.

Ultimately, a therapist will encourage clients to reflect upon their feelings and experiences in order that they can develop their own understanding of what has happened. This can allow clients to find a way of moving forward in their lives with greater happiness and well-being.

Referrals

Anyone can make a referral to the Young People's Project. Referrals are made by initially contacting the Project Manager on the number below. If a referred client meets our criteria, they will be offered an assessment to see whether or not the therapy that we offer is the most appropriate way forward.

Costs

There is a fee for the therapy sessions. We are also able to offer reduced-cost therapy for those who fulfil certain criteria. For further information about this or anything else about the project please contact us.

Young People's Project

Respond

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RESPOND)
from hurting to healing

Young People's Project

Providing Therapy to Children and Young People with Learning Disabilities who Have experienced Trauma and Abuse



Do you know of a child or a young person with a learning disability who has experienced trauma or abuse?

Respond's Young People's Project provides psychotherapy for young people, 5 – 18 yrs old, with learning disabilities who have experienced trauma or abuse such as:

- Bereavement and loss
- Family breakdown
- Emotional deprivation or abuse
- Physical abuse
- Sexual abuse
- Trauma through illness

The therapeutic interventions we offer, help clients understand and manage such difficult emotions as:

- Anger
- Depression
- Sadness
- Fear
- Guilt

The Effects on Trauma and Abuse

Trauma and abuse can have long-lasting and damaging effects upon a young person. They can leave a young person with painful and overwhelming emotions. Often a person's ability to trust others has been damaged, he or she may feel guilty, betrayed or rejected. Similarly, there may be tremendous feelings of fear or anger. For many, this leads to a reduction in self-esteem and even the tendency to blame oneself for what has happened.

Bearing this in mind, it is easy to understand why a young person may find it difficult to understand and make sense of such powerful and confusing emotions. And when a learning disability is added to this, the effects can be even greater.

In the absence of being able to understand such feelings it is natural that, with time, these strong emotions will be expressed through the behaviour of the young person. Because of their powerful and confusing nature, such emotions are rarely expressed through direct and socially appropriate behaviour. Rather these emotions usually find expression in behaviour which may be self-destructive, socially inappropriate or harmful towards others.