

Client Type	What is this?	Treatments Offered	What is this?
Children	Challenging behaviours	Many children are labelled as “naughty”. Children are not however inherently bad. They react based on what they have been taught, and often just need to learn more helpful ways of behaving.	Play therapy A type of therapy for young children involving the use of toys and games to provide a way for children to express their experiences and feelings through a natural, self-guided, self-healing process.
	Anxiety	All children experience fears and anxieties as a normal part of growing up. However, some children have fears that interfere with their normal development. Providing them with help allows them to continue to their normal development.	Behavioural therapy This therapy uses learning techniques to change unhelpful behaviour patterns by replacing them with new, more helpful ones.
			Cognitive therapy This therapy works to replace unhelpful thoughts and behaviours with more helpful ones.
			Cognitive Behavioural Therapy This therapy works to replace unhelpful thoughts and behaviours with more helpful ones.
			Person Centred therapy This therapy sees the therapist providing support to the child to direct their own treatment, based on the idea that the child understands themselves better than anyone else.
			Narrative & Post Modernist Therapy The narrative therapist collaborates with the child in constructing strong, positive stories of themselves and deconstructing negative self-stories. In narrative therapy, “The child is not the problem, the problem is the problem.”
			Psychodynamic therapy Psychodynamic therapy refers back to child's past experience to understand why current events are problematic. It is based on the philosophy that if the therapist can discover the life patterns that the child lives by, he/she can help the child to influence or change these patterns.
			Family systems Family Systems therapy works with families to develop relationships by improving the interaction between family members. It aims to help family members to draw upon their strengths and wisdom. It encourages support from all of the members in a family.