

# a guide to brief therapy



youth  
connexions

HERTFORDSHIRE



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## **What is brief therapy?**

This is a service for young people aged 16-19 which has proved to be successful in helping to find solutions to issues and making change happen. Issues may include anxiety and depression, drug and alcohol problems and relationship difficulties. A Brief Therapist will help you to think through the changes you want to make in your life and decide how you can achieve them.

## **How long will it last for?**

Everyone is different and the length of time one person might need to see a Brief Therapist for will vary, but on average young people attend about six sessions. These will be at a convenient place for you or online.

## **Confidentiality**

Anything you discuss with a Brief Therapist will not be passed on to anyone else without your permission unless there is a legal requirement or duty for Youth Connexions to do so, or if there is a risk of serious harm or threat to your life.

## Who are the Brief Therapists?



**Louise Gorrod**



**Maureen Linsdell**

### Young people who have met a Brief Therapist said:

**“I think the therapy has been very helpful for me as I have a lot of confidence now. I have made new friends and I am going out more and socialising with people of all ages.”**

**“The therapy was very helpful. I have learned a lot of techniques on how to relax and be happy. I find it easier to deal with certain situations and people.”**

## What next?

If you think Brief Therapy could help you, speak to your Personal Adviser. If you do not have a Personal Adviser, visit your nearest Youth Connexions One Stop Shop (details are at [www.channelmogo.org](http://www.channelmogo.org) in the 'need some advice' section).

For information contact:

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The Youth Connexions service welcomes any feedback; please send your comments to :

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