

<p>Therapy before a trial</p> <p>Information for children, young people and their parents or carers</p> <p>www.staffscb.gov.uk</p>	<p>wePv†ii Av†M †_ivwc</p> <p>wki, Kgeq̄ < Ges Zv†`i AwffveK I</p> <p>cwiPhv©Kvix†`i Rb` Z_`</p> <p>www.staffscb.gov.uk</p>
<p>The Staffordshire Safeguarding Children Board is a partnership between:</p> <p>Staffordshire County Council – Children and Lifelong Learning</p> <p>Adult Social Care</p> <p>District Councils</p> <p>The Police Probation</p> <p>Youth Offending Services</p> <p>Health</p> <p>Connexions</p> <p>CAFCASS</p> <p>Young Offenders Institutes</p> <p>The Voluntary Sector</p> <p>Safeguarding Children Board</p>	<p>`" ÷`v†dvW©kvqvi</p> <p>†mdMvwW©s wP†i`ab</p> <p>†evW© GKwU Askx`vwi</p> <p>cÖwZôvbl Askx`vwiZ;</p> <p>i†q†Q :</p> <p>Staffordshire County Council – Children and Lifelong Learning (÷`v†dvW©kvqvi KvDw>U KvDwÝj - wP†i`ab A`v† jvBdjs jvwb©s)</p> <p>Adult Social Care (A`vWvë †mvk`vj †Kqvi ev eq̄ < mvgvwRK cwiPhv©)</p> <p>District Councils (wWw÷`± KvDwÝj)</p> <p>The Police Probation (cywjk †cÖv†ekb ev cÖwZkÖæwZ gZ Acivax e`w³ mrc†_ Av†Qb wK bv †`Lvi AvBbvbyM e`e`´v)</p> <p>Youth Offending Services (BD_ A†dw†s mvwf©†mm ev hye Acivax†`i Rb` cwi†lev)</p> <p>Health (†nj&_ ev `^v`´´)</p> <p>Connexions (Kv†bKkbm ev †hvMv†hvM)</p> <p>CAFCASS (wm G Gd G Gm Gm)</p> <p>Young Offenders Institutes (BD_ A†d†vm© Bbw÷wUDUm ev hye Acivax†`i Rb` cÖwZôvb)</p> <p>The Voluntary Sector (Voluntary Sector ev †`^†Qv†mex †y†)</p> <p>Safeguarding Children Board (†mdMvwW©s wP†i`ab †evW©)</p>
<p>If you would like this document in another language or format, e.g. large text, please contact the Communications Team (Children and Lifelong Learning) on 01785</p>	<p>GB bw_wU Avcwb Ab` fvlvq</p> <p>ev dig`v†U, †hgb eo Aÿ†i †jLv,</p> <p>PvB†j AbyMÖn K†i</p> <p>†hvMv†hvM Kiæb</p>

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<p>What do we mean by therapy before a trial?</p> <p>If you have recently talked to the police or social workers about abuse that has happened to you, you may be left with upsetting feelings or fears.</p> <p>Therapists are people who are trained to talk to you about your feelings and help you deal with them.</p>	<p>wePvii AvM `ivwc ejZ Avgiv Kx tevSvZ PvBwQ?</p> <p>Zzww hw` m`awZ cywjk A_ev mgvRKgx@i mv` `Zvgvi Ici nIqv `nb` `v wbq K_v e`j _vK, Z`e GUvB tevSv hvq, Zzww gvbwmKfv`e wech` I I AvZw¼Z n`q AvQl</p> <p>`Zvgvi m½ K_v e`j `Zvgvi Abyfe Rvbvi e`vcv`i `ivwc`iv cÖwkwZ e`w³ Ges Zvuiv Gme e`vcv`i `ZvgvK mvnh` KiZ cv`ibl</p>
<p>Who decides if you need to talk to someone?</p> <p>You do! It's up to you if you want to see a therapist. If you decide to see someone then change your mind you don't have to go again.</p> <p>If you change your mind again and want to try again, you can.</p>	<p>Kviai m½ `Zvgvi K_v ejvi `iKvi AvQ wK bv mUv `K w` `i Ki`eb?</p> <p>ZzwwB w` `i Ki`e! Zzww GKRb `ivwc`i m½ K_v e`e wK bv Zv ZzwwB wVK Ki`el Zzww hw` Kviai m½ `Lv Kivi ci gb cwieZ@b Ki, Z`e Avi `hZ n`e bvl Zvici Avevi hw` Zvui m½ `Lv KiZ `hZ PvI, ZvI `hZ cvil</p>
<p>Why is therapy before a trial different to normal therapy?</p>	<p>mvaviY `ivwc `K wePvii AvMi `ivwc Avjv`v wK`m?</p>

<p>It is important that the therapist knows that you may have to go to court to give evidence about what has happened to you and that they follow certain guidelines. This is so that, in court, no one can say that you have changed your story after talking to a therapist.</p>	<p>†_ivwc÷i †R†b †bIqv `iKvi †h †Zvgvi cÖwZ †hme NUbv N†U†Q Zvi cÖgvY w` †Z †Zvgv†K Av`vj†Z †h†Z n†Z cv†i Ges †mRb` †_ivwc÷iv wbw`©ó wKQz wb†`©wkKv AbymiY K†ibl Gi KviY nj, Av`vj†Z hv†Z †KD †hb ej†Z bv-cv†i †h, †_ivwc÷i m†½ K_v ejvi ci Zzwg †Zvgvi Kvwbnx e`†jQl</p>
<p>What guidelines will the therapist have to follow?</p> <p>Your therapist has to tell your police officer that you are having therapy. The police officer will give the therapist some information about what has happened to you. This helps the Therapist decide how best to help you.</p> <p>Your therapist has to keep a record of when and where your meetings took place, how long they lasted and whether anyone else was there. They must give a copy of this record to your police officer for the court.</p>	<p>GKRb †_ivwc÷ Kx Kx wb†`©wkKv †g†b P†jb?</p> <p>†Zvgvi †_ivwc÷ cywjk†K ej†eb †h †Zvgvi †_ivwc Pj†Ql ZLb †Zvgvi Ici †hme NUbv N†U†Q †m mœú†K© wKQz Z_ cywjk Awdmvi †_ivwc÷†K †`†ebl Gi gva`†g †_ivwc÷ wmxvšÍ wb†Z cvi†eb KZ fvjfv†e †Zvgv†K mvnvh` Kiv hvql</p> <p>†Zvgvi m†½ Klb †Kv_vq Zvui mvÿvr n†q†Q †mme bw_fy³ K†i ivL†eb †_ivwc÷l KZÿY †Zvgv†`i g†a` K_v n†q†Q, †mmgq Avi †KD m†½ wQj wK bv, †mmeI bw_fy³ Kiv n†el Gi GKwU cÖwZwjwc Av`vj†Z Rgv †`Iqvi Rb` Aek`B cywjk Awdmvi†K †`Iqv n†el</p>
<p>Will your therapist have to tell anyone what you said to them?</p> <p>In most cases, what you say is confidential. However, the court can call the therapist to give evidence and ask to see their records. If at any time you tell the therapist that things</p>	<p>Zzwg †_ivwc÷†K hv hv e†jQ, †mme wK wZwb Ab` KvD†K ej†eb?</p> <p>AwaKvsk †ÿ†Í Zzwg hv hv ej†e Zv †Mvcbxq_vK†el Aek`, †_ivwc÷†K †W†K Av`vjZ cÖgvY w` †Z ej†Z cv†i Ges †Zvgvi m†½ Zv†`i</p>

<p>did not happen the way you originally told the police, they have to pass this information on.</p>	<p>K_ vevZv@i †iKW@I †`L‡Z cv‡il Zzwg hw` KLbI †_ivwc÷‡K ej †h Zzwg cywjk‡K Av‡M hv hv e‡jwQ‡j †miKgv‡e Zv Av‡`Š N‡Uwb, ZrÿYvr GB Z_` cywjk‡K Rvwb‡q †`Iqv n‡el</p>
<p>How do you get to see a therapist?</p> <ul style="list-style-type: none"> • In most cases you will have a social worker. You can ask them to ask a therapist to help you. • Or you can ask your family doctor to refer you. • Or there may be local services you can phone or where you can just walk in and ask for this type of help. If you do choose to see a therapist, it is important that you remember to tell them that you may have to go to court. Also check that they know the guidelines they have to follow. <p>If you need more information or you are still not sure what to do, speak to your social worker or police officer – they are there to help you.</p> <p>Remember – you don't have to get through this on your own.</p>	<p>Zzwg †Kgb K‡i GKRb †_ivwc‡÷i m‡½ †`Lv Ki‡e?</p> <p>AwaKvsk †ÿ‡Î †Zvgvi m‡½ GKRb mgvRKgx© _vK‡ebl Zvu‡KB ej‡e †Zvgvq m‡v‡h`i Rb` GKRb †_ivwc‡÷i Kv‡Q wb‡q †h‡Zl A_ev Zzwg †Zvgvi cvwievwiK Wv³vi‡K mycvwik Kivi Rb` ej‡Z cvil wKsev †KvbI ` `vbxq cwi‡lev _vK‡Z cv‡i †hLv‡b †dvb Ki‡Z cvi ev wb‡RB P‡j wM‡q Kx ai‡bi m‡v‡h` PvI ej‡Z cvil Zzwg hw` †KvbI †_ivwc÷‡K †e‡Q bvI, Z‡e g‡b ivLv Riæwi Zvu‡K GK_vI ej‡e †h †Zvgv‡K Av`vj‡Z †h‡Z n‡Z cv‡il GUVI †`‡K wbl, †hme wb‡`@kvejx Zvu‡`i †g‡b Pjvi K_v Zv Zvuiv gvb‡Qb wK bvl</p> <p>Zzwg hw` AviI Z_` PvI wKsev Kx Ki‡e w` `i Ki‡Z bv-cvi, †Zvgvi mgvRKgx© A_ev cywjk Awdmv‡ii m‡½ K_v ej‡Z cvi - Zvuiv †Zvgv‡K m‡v‡h` Kivi Rb`B i‡q‡Qbl</p> <p>g‡b †iL - †Zvgv‡K wb‡R wb‡R mewKQz Ki‡Z n‡e bvl</p>
<p>Further helpful information is available from:</p>	<p>AwZwi³ m‡vqK Z_` cvIqv hv‡e GLvb †_‡K:</p>

<ul style="list-style-type: none"> ● A Solicitor who is a member of the Law Society's Children's Panel. ● Your local Citizens Advice Bureau. ● Family Rights Group (advice line) Tel: 0800 7311 696 ● Children's Legal Centre (advice line for young people) – Tel: 0800 783 21873 	<ul style="list-style-type: none"> ● j †mvmvBwUÕR wP‡iªÝ c¨v‡b‡ji m`m¨ GKRb mwjwmU‡ii Kv‡Q ● Avcbvi - `vbxq wmwU‡RÝ A¨vWfvBm ey¨‡ivql ● d¨vwgwj ivBUm MÖæc (Dc‡`k wefvM) †Uwj: 0800 7311 696 ● wP‡iªÝ wjM¨vj †m>Uvi (Kgeq¨ ‹‡`i Rb¨ Dc‡`k wefvM) - †Uwj: 0800 783 21873
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