

## Remember

- You are an important and valued person.
- Your views and feelings will be listened to and respected.

## Further helpful information is available from:

- A Solicitor who is a member of the Law Society's Children's Panel. Contact Children's Legal Centre  
Telephone 0808 802 0008
- Your local Citizens Advice
- Family Rights Group (advice line)  
Telephone 0800 7311 696
- National Youth Advocacy Service  
Telephone 0808 808 1001
- Advice and Access Team  
Telephone 01782 232200

## Safeguarding Children Board (SCB)

[www.safeguardingchildren.stoke.gov.uk](http://www.safeguardingchildren.stoke.gov.uk)

If you've got worries or need some advice we can help.

By clicking on the Children and Young People's tab on the SCB website you can find out more information on:

Are you being Abused?

Drugs and Alcohol

E-safety

Forced into a Marriage?

Has someone Died?

Helpful Information

Keeping our Help a Secret

Looking after your Pet

Meetings involving You

Private Fostering

Report Online Abuse

Sexual Exploitation

Supporting Children of Offenders

Thinking of Running Away

Who to Contact

Young Carers



## Therapy before a trial

Information for  
children and  
young people

SCB Leaflet No. 7

**2018** September

### **What do we mean by therapy before a trial?**

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. Therapists are people who are trained to talk to you about your feelings and help you deal with them.

### **Who decides if you need to talk to someone?**

**You decide!** It's up to you if you want to see a therapist. If you do decide you would like to see someone but change your mind don't worry, you don't have to go. If you change your mind and decide that you would like to try again, you can.

### **Why is therapy before a trial different to normal therapy?**

You may have to go to court to give evidence about what has happened to you. If you do it is important that the therapist knows this and that they follow certain guidelines. This is so that when you go to court, no one can say that you have changed your information because you have been talking to a therapist.

### **What guidelines will the therapist have to follow?**

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. 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.

### **Will your therapist have to tell anyone what you said to them?**

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 did not happen the way you originally told the police, they have to pass this information on.

### **How do you get to see a therapist?**

- 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. 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. Remember – you don't have to get through this on your own.