

Therapy Guide Updated - August 2017



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SERVICES PROVIDED BY THE RAINBOW CENTRE

Introduction

This therapy guide tells you in more depth about the range of services we offer at The Rainbow Centre and what to expect when you come here. Our services are for families and carers living with any children under 18 years old who have been affected by bereavement or life threatening illness.

The Rainbow Centre offers a range of services which include:

- Individual Therapy Sessions (Arts and psychotherapy)
- Family Sessions
- Support and Advice Sessions
- Group Work & Regular Family Workshops
- Liaison and Training with Schools and other services

After your assessment, the Clinical Services Manager will decide which service may be best for your family. You may receive more than one type of service, depending on what is most suitable for you.

Individual Therapy

It can be helpful for an individual to have their own time and space to deal with the issues that have arisen. These sessions are suitable for both adults and children. These may be creative arts therapies (drama, music or art), play therapy or counselling/psychotherapy. Making sounds and working with creative materials can sometimes make it easier to express emotions that are hard to put into words, enabling the exploration of difficult feelings associated with loss and grief. In addition, the relationship with your therapist will provide a safe environment to process your thoughts, feelings and responses.

Family Work

Sometimes in families, particularly when facing a loss or after a death, communication can become strained and difficult. Family members may grieve in different ways and the way they cope can vary. This type of work is helpful for families to explore their strengths and weaknesses and to create an understanding around the differing ways that children and adults grieve or face loss. This can help to strengthen the resources of a family.

Support and advice

It may be that families need some support and advice on the issues that come up in the face of dying and death. Often it is helpful for parents to know what behaviours are a normal part of the grieving process and what signs to look out for in their children. They can also be given tools and strategies to use at home.



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Groupwork

We run Bereavement workshops, family day and events throughout the year for children and their families. It can be supportive for children to feel that they are not the only ones who have had to face the death or illness of someone close.

Liaison

When appropriate and with your permission, we may liaise with your children's school or other agencies that may be helpful.

OUR THERAPISTS

We employ a number of highly qualified and experienced therapists at the Rainbow Centre. They are all specialised in working with death and dying. They are professionally insured and supervised in their work. Currently our team comprises art, music and drama therapists, a play therapist and psychotherapists. Your therapist will have an introductory session with you. This is an opportunity to explain how the therapy works and answer any questions you may have. You will find that you may be asked about previous experiences of loss and death, and your childhood experience. Invariably one loss can impact on earlier losses and your therapist will be interested in how you have dealt with these in the past.



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WHAT CAN I EXPECT?

We ask that you call us yourself to enquire about our services.

What happens after I first ring up?

Callback: Details of your first call will be passed to the Clinical Services Manager who will ring you back, usually within 2 weeks (though at busy times this could be up to 4 weeks) and agree on a time for you to come into the Centre for an initial face to face discussion.

Assessment meeting: At this first meeting the Clinical Services Manager will assess whether the services we can offer are appropriate for you. If there are other agencies that could support you more effectively she will advise you where to go.

Which therapy: If our services are right for you the Clinical Services Manager will assess which members of your family would benefit from therapy and which therapy in particular would be most appropriate for them. Over time some people may receive more than one therapy, according to their changing needs.

Waiting List: After the Assessment meeting you and your family will then be put on the waiting list until a space is available with a therapist who can offer the appropriate therapy.

Support whilst waiting: Whilst you are waiting to start therapy the Clinical Services Manager will be available to provide some interim advice and support sessions either on the telephone or in person.

How long will I/we have to wait before therapy starts? It can take 6 months or more until a therapist becomes available to work with you as we always have a lot of people on the waiting list.

How long will the therapy sessions continue for? The duration of therapy will be negotiated between yourself and the therapist. The maximum we can currently offer is 30 sessions.

What happens at the therapy sessions?

How does it work?

Therapy is about a safe relationship between the client and the therapist. Sometimes difficult, unacknowledged feelings can surface during this work and it may not feel like anything is improving immediately. Therapy works over a period of time and it is therefore important to attend regularly. Therapy helps strengthen one's resources to survive the present and approach the future with better understanding.



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Attendance: A set day and time will be agreed for you to attend and this will normally not change throughout the course of your therapy. Most sessions last for 50 minutes although for some therapies this can be a little longer. In order for the therapy to be effective it is important to attend regularly and on time.

Unchaperoned children: When an adult has a therapy session we ask that you do not bring your children with you as we have a policy of not allowing children to wait unchaperoned in the waiting room. This is to do with 'safeguarding' procedures.

Cancellations: We ask that you keep cancellations to a minimum and that you let us know as soon as possible if you cannot attend. Please remember that we have costs to cover if you do not attend and we can't insert somebody else into your slot for a one-off session. There are always many people on our waiting list so it is important to make good use of the times which are made available to you.

We have a Child Protection policy and how this works will be explained to you at your assessment session. All our policies are available on request.



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USEFUL ORGANISATIONS

Winston's Wish for grieving children and their families www.winstonswish.org.uk Tel: 0845 203045

Cruse for bereaved adults www.crusebereavementcare.org.uk Tel: 0870 167 1677

Cruse for bereaved young people www.rd4u.org.uk Tel: Freephone 0808 8081677

The Childhood Bereavement Network is a national network of people working with bereaved children and young people, their families and other carers. Tel: 020 7843 6309
www.childhoodbereavementnetwork.org.uk

Penny Brohn (for adults affected by cancer) www.pennybrohncancercare.org.uk Tel: 0845 123 2310

St. Peter's Hospice www.stpetershospice.org.uk Tel: 0117 915 9400

The WAY Foundation for young widows and widowers under 50
www.wayfoundation.org.uk Tel: 0870 011 3450

The Harbour for those affected by life threatening illness www.the-harbour.co.uk/ Tel: 0117 9259348

British Association for Counselling and Psychotherapy (BACP) www.bacp.co.uk Has a list of counsellors.

UK Council for Psychotherapy (UKCP) www.psychotherapy.org.uk Has a list of counsellors.

Many **GPs and Schools** have their own counsellors



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USEFUL BOOKS

We have a selection of these books in our waiting room

Children's Work Books

1. Grief Encounter - Shelley Gilbert, Grief Encounter Project; 3rd edition, 2014 ISBN-10: 0954843401 ISBN-13: 978-0954843403
2. Muddles, Puddles and Sunshine - Winston's Wish Hawthorn Press (2 Oct 2000) ISBN: 10-1869890582
3. Supporting Young People coping with Grief, Loss and Death - Deborah Weymont & Tina Rae - Lucky Duck Books A & C Black Publishers Ltd; New Edition (31 Jan 1996) 10-071364432X

For Children

1. Badger's Parting gifts - Susan Varley 1992 Picture Lions, ISBN: 978-0006643173
2. The Mountains of Tibet - Mordicai Gerstein 1989 Barefoot Paperbacks, ISBN: 978-1898000549
3. Vicky Angel - Jacqueline Wilson & illustrated by Nick Sharratt, 2001 Corgi Children's, ISBN: 978-0440865896 (for adolescents)
4. Sad Book - Michael Rosen & illustrated by Quentin Blake 2008 Walker Books ISBN: 978-1406313161
5. Remembering Mum - Ginny Perkins & Leon Morris A & C Black Publishers Ltd; New Ed edition (31 Jan 1996) ISBN: 10-071364432X
6. When Dinosaur's Die - Lauren Krasny Brown & illustrated by Marc Brown 1998 Time Warner Trade Publishing ISBN: 978-0316119559
7. Dinosaur's Divorce - Lauren Krasny Brown and Marc Brown Little, Brown Books for Young Readers; Reprint edition (September 1, 1988) ISBN: 10-0316109967
8. Beginnings and Endings with Lifetimes in between - Bryan Mellonie and Robert Ingpen Puffin ISBN: 0143501445
9. Dragon in your heart - Sophie LeBlanc Jessica Kingsley Publishers (1 Jan 1999) ISBN: 10-1853027014



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10. The Secret C: Straight Talking about Cancer - Julie A. Stokes & illustrated by Peter Bailey 2000 Winston's Wish, ISBN: 978-0-9539123-0-8

For Adults

1. He'll be ok: Helping adolescent boys become good men - Celia Lashlie Collins (9 Sep 2011) ISBN: 10-0007278802
2. Raising Boys - Steve Biddulph Harper Thorsons; Third edition edition (8 July 2010) ISBN: 10-0007153694
3. The Liberty Tree—Suzanne Harrington Atlantic Books (4 July 2013) ISBN: 10-0857899414

To buy any of these books please follow the Amazon link from our website www.rainbowcentre.org.uk and we will earn 3% commission at no cost to you.



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DEATH AND DYING

Death and dying are life events that can be very hard and difficult to accept. Coming to terms with the death and loss of someone, or preparing family members when someone has a life threatening illness is not an easy task.

At the Rainbow Centre, we recognise that families may need additional support to understand and express the difficult feelings that can arise at these times of crisis.

Children may experience confusion and distress, leading to changes in behaviours. We work directly with children to enable them to express painful emotions and we support parents to enable them to answer difficult questions that children may have.

At the same time, it is likely that parents are equally dealing with their own difficult and demanding feelings, and may themselves be in shock or numb. We can support them to manage family life and provide a therapeutic space to deal with the sadness, loss, anger and many of the feelings associated with grief.

This leaflet tells you more about how our services work. If you would like to find out more about the work we do please feel free to look at our website www.rainbowcentre.org.uk and/or phone us on 0117 9853343.



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