

## St. Clare's Unit

St. Clare's Unit provides a service which is based in Temple Street Children's University Hospital which covers Dublin North and Dublin North Central. This area stretches from the City Centre up to North County Dublin to Balbriggan. Referrals are received from Tusla Social Work Department and the Assessment Team in St Clare's Unit.

## Accompanying Adults

St. Clare's Unit recommends that children and young people attending the service are accompanied by a parent or carer. With older teenagers, there may be more flexibility in relation to being accompanied.

To contact St. Clare's Unit, please call  
01 8745214 / 8742887



Visit our website [www.cuh.ie](http://www.cuh.ie)  
for information on how to get to the  
hospital and parking information.

Look out for our logo of a swan.



# St Clare's Unit Therapy Service



## Information Leaflet

Author: Therapy Team  
Version: 2  
Approval Date: October 2017  
Review Date: October 2019  
Copyright © Temple Street Children's University Hospital

## Why come for therapy?

When a young person has experienced sexual abuse, they often have lots of feelings which they find hard to cope with. Parents can be unsure about what to say and how to help. Young people often worry about themselves and the people around them. It can be hard to know who to talk to. It can even be hard to talk about it at all. Therapy can help everybody to deal with what happened so that they can move on.

## What is therapy?

Therapy gives people time to talk about how they are feeling and how they can cope with their feelings. People may also want to talk about other parts of their life that have been affected by what has happened. Sometimes children use art and play as a way of expressing their feelings.



## Who works in the therapy team?

The Therapy Team consists of a number of different professionals including social workers, psychologists, psychotherapists and an art therapist.

## Who comes to therapy?

Young people up until the age of 18 can avail of the Therapy Service for individual therapy, group or family therapy. We know that sexual abuse can impact on the wider family so we frequently meet with parents and other family members

## What happens when someone first attends the service?

At the initial meeting, the young person and their parents / carers usually meet two team members. Some time is spent finding out what kind of help they want and answering any questions the family might have. At the end of the meeting it is decided who needs to come to see us, what kind of help can be offered and how frequent the appointments might be.

## What happens next?

Sometimes young people will come for individual therapy where they meet with a staff member on their own. In addition, a parent may be offered the option of individual parent support sessions. Sometimes we offer a group for children or young people.

We also run Support Groups for parents / carers. Sometimes it is helpful for families to come for family therapy where they have time to talk together about how they all feel.

## Confidentiality

Therapy is confidential. This means that the young person and family talk in private. However, if we are worried about anyone's safety, we will need to talk to other people to ensure that children are safe from harm. We will always try to tell you before this happens.

## How long does therapy go on for?

Usually children / young people come to therapy once a week for about an hour. Some people come for a short time, while others come for longer.

