



Advice and help to children, families & organisations

If you think we may be able to help but have more questions please contact us for an informal telephone conversation, by email or see our website.

www.facets-psychology.co.uk

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CARDIFF

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Creating **confident** and **co-operative** kids

Assessment, Consultation & Therapies
for **Children** and **Families**



We are a group of independent Clinical Psychologists who work together to offer children and families in South Wales and beyond a high quality Clinical Psychology and Therapy Service.

Children and young people can often face emotional or learning problems that can affect their confidence, relationships and their well-being and can lead to behaviour problems that can be very stressful for parents to deal with. Skilled psychological help has been found to be effective in helping children and families deal with problems.

Some of the difficulties we work with include

- Behaviour problems
- Stress, anxiety and phobia
- Depression and self-harm
- Shyness or problems making friends
- Bereavement and trauma
- Parental stress
- Autism & Asperger's Syndrome and learning difficulties
- Inflexible-explosive temperament
- Sleeping and eating problems



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Our aim is to provide **effective interventions** based on clinical evidence and experience

From our two centres in Cardiff and Swansea we offer

- Assessment (including legal work)
- Consultation
- Advice & guidance
- Counselling, coaching & therapy for individuals, families and groups

We offer a confidential service where we will explore with you and your child the reasons for which you are seeking help. We will share ideas about what we think might make a difference, and, if appropriate, offer psychological therapies or indicate other sources of help. We are Chartered Clinical Psychologists and follow the Code of Practise of the British Psychological Society (BPS).

We also work with many individuals and organisations who work with children and provide training, consultation and supervision to schools, voluntary and statutory services. Our interests and specialist skills include Cognitive Behavioural Therapy (CBT), Solution Focussed Therapy, Emotional Literacy and working with children with Asperger's Syndrome.

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