

# Flourish

## Child and Family Therapy (Gold Coast)

### What is Flourish Child and Family Therapy?

**Flourish** is a privately-funded and trauma-informed program which provides counselling for children, young people and their families who have experienced trauma from abuse and/or neglect or who are at risk of harm.

Our therapists support children and young people by:

- ♥ providing a safe place to express and process difficult thoughts and feelings.
- ♥ giving them the opportunity to explore the impact of their experiences.
- ♥ helping them develop skills to manage unpleasant physical sensations.
- ♥ empowering their parents and caregivers to deal with the complexity of the situation and any challenging behaviours of the child or young person.



Healing is a process  
...and everyone's  
journey is different.

### How does it work?

Our therapist will work with you and your child or young person to understand what their needs are, and how to best provide support.

#### Often this looks like:

- ♥ **Initial meeting:** getting to know you and your child or young person.
- ♥ **Assessment:** understanding the complexity and need of the situation.
- ♥ **Safety planning:** ensuring your child and those around them are safe and heard.
- ♥ **Goal planning:** developing relevant and timely goals to meet the need of the child or young person.
- ♥ **Intervention:** attending regular and consistent sessions designed to meet the goals we created together.
- ♥ **Celebration:** acknowledging building resilience, successes and achievements as goals are reached.

### How long can we get support for?

Counselling can range from as little as three sessions, up to three months. The number of sessions is negotiated between the family and the therapist, dependent on the child's and family's needs.

### How often will we see our child's therapist?

This will depend on the concerns your child presents with and your family situation. In most cases, sessions are at a consistent time each week or fortnight.

### Where do we meet?

Sessions will be held at an Act for Kids center or online via telehealth.



Learn more at [actforkids.com.au](http://actforkids.com.au)

Act for Kids Limited. ABN 98 142 986 767.



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