



What is Counselling and Intervention?

Our **Counselling and Intervention Service (CIS)** provides counselling support and treatment interventions for children, young people and their parents/carers who are involved with Child Safety Services.

What can this service help me with?

Our therapists include specialist Psychologists, Social Workers and Counsellors who help children and young people:

Work through challenging experiences like harm and trauma.

Improve relationships and wellbeing.

Build on strengths to create resilience and foster change.

How does it work?

Our therapists will work with you and your child or young person to understand what their needs are, and to identify ways to achieve your hopes for support and wellness.

Connection, your rights and consent

♥ We meet and connect with you, and explain our services and your rights.

Understanding your needs

♥ We talk with you and your young person about worries, strengths, needs and hopes.

Goal setting and planning

♥ We help to develop goals and plans to support your child or young person.

Therapy sessions (individual, group, parent-child)

♥ We work with you and your child or young person in ways that work best for you.

Progress review meeting

♥ We talk with you and others involved to track progress and achieve identified goals.

Celebrating successes and saying farewell

♥ As goals are reached, we celebrate successes and moving forward.

How long can we get support for?

The length of support may vary depending on your child or young person's needs.

How often will we see our child's therapist?

Therapists will discuss your child's needs for weekly, fortnightly or monthly support sessions, and will be in contact to meet with you in person, or by phone or email. This will help you actively support your child and stay informed of their progress.

Where do we meet?

Support can be provided at places that work best for you and your child or young person, including at our Centres, at school and at home.



Learn more at actforkids.com.au

Act for Kids Limited. ABN 98 142 986 767.

