



Therapeutic Interventions

Are you concerned about helping children and families who have recently migrated from other cultures?

Are you looking for therapeutic approaches that address the racial, cultural, and ethnic backgrounds of children, parents, and families?

Just Psychology is a social enterprise based in the North West. We are a multidisciplinary group of professionals who provide services to address the psychological and mental health needs of children and their families, with particular emphasis on cultural diversity, cultural competence and social justice.

Just Psychology focuses primarily on Black and minority ethnic (BME) children, young people and members of their families living in the North West of England.

We deliver direct **therapeutic interventions** with children, families, and parents.



For further information and discussion please contact:

Therapy Referrals Co-ordinator

Email: therapyreferrals@justpsychology.co.uk

See our website www.justpsychology.co.uk

Call 0161-262-1622

Just Psychology
has extensive
experience of
delivering culturally
competent therapeutic
interventions,
including tailored
assessment and
therapy services for
Black and minority
ethnic children,
parents and families
(e.g., African,
Caribbean, Polish
and other migrant or
refugee families).

We work with a wide range of social, emotional, and behavioural difficulties, including:

Depression * Anxiety * Attachment difficulties * Relationship problems * Domestic violence * Sexual abuse * School problems * Developmental delay * Racial and ethnic identity development * Trauma * Bereavement * Behavioural problems * Work with looked after children and safeguarding issues * Racial and ethnic identity development * Gender identity * Neurodiversity.

We also deliver court-instructed interventions with children and adults. Therapeutic approaches on offer include:

* **Parenting interventions** delivered individually, drawing on a range of evidence-based parenting programmes (e.g., Trauma-informed therapeutic parenting, the Solihull approach, Attachment -focussed parenting/ family interventions, Dyadic Developmental Psychotherapy (DDP), Video interaction guidance (VIG)).

* **Individual and Family Interventions** including family and systemic therapy approaches, parent-infant therapy, art therapy, cognitive behavioural therapy (CBT), EMDR, Children's Accelerated Trauma Treatment (CATT), Narrative Exposure Therapy (NET) and psychodynamic approaches.

Who is Eligible?

- * A child, family, or adult who identifies as Black, Asian or from a minority ethnic group, including Looked after Children. This can include a larger family group where just one child or adult identifies as such;
- * No upper age limit;
- * The client is interested in working on their concerns with a psychological therapist.

Please note, referrals of people with :

- a primary drug problem
- a primary alcohol problem
- persistent self-harming or suicidality
- a history of violence

will need to be discussed with the referrals co-ordinator via

therapyreferrals@justpsychology.co.uk

Unfortunately, we are unable to accept referrals from private individuals, however we do have other services that might be helpful.

Our therapists are experienced in working through **interpreters**. We can also provide **cultural consultants** where needed.

Our therapeutic interventions are delivered by practitioners from a range of professional backgrounds including **clinical psychology, art therapy, psychotherapy, and counselling**. They are fully qualified and registered with their regulatory bodies. They also carry full professional indemnity and public liability insurance.

All our therapists are skilled and experienced in working **across languages and across cultures**, and in working with the **impact of culture and migration on family functioning** and parenting. All our therapy incorporates the **cultural context and perspective of the child, parent and family** using an explicit framework of cultural competence. Interventions are delivered to individuals, families and groups.

