**Family and Therapy Community Interest Company (CIC)**

**RACHEL BUTT**

Family and Therapy is a community interest company based in Swansea providing counselling across the Cwmtawe Cluster for about six years. Family & Therapy love being a part of the Virtual Ward. It is such a nurturing environment.

There is a meeting every two weeks with all the other services within the Cwmtawe Cluster at which cases that may benefit from further support or from one of the other services getting involved are discussed with peers to get support or advice on how to refer these clients on, or how to get more information to them. This allows a broader and more rounded service, which is completely unique to this Virtual Ward.

## Who do they see

Family and Therapy can work with anyone from three up. They have specialist play therapists who would work with children three to ten years old. They have a specialist room set up where children can express themselves and their emotions and anything that they have been through, via the media of play. Each child is offered 15 weeks, at least, with the therapist to give them plenty of time to open up and to be able to work with the therapist.

There are specialist young person therapists who can work with anyone from 10 to 17 years old. They have more of a talking therapy approach but also have specialist activities and even play that they can bring in to allow the young person to express themselves however they need to and work through whatever they need to, tailored for them.

Anyone 18 years old or above would see one of the adult therapists. They all come with very different backgrounds and very different specialisms so can tailor the experience for the client to ensure they have the best support possible.

## Referrals

The referrals are varied and quite different in the levels of trauma, so alongside the main therapist, there is also a student placement program to allow Master's level students to work with the lower-level trauma clients. It allows for so many more clients across the cluster to be seen.

Referrals come from many different sources within the cluster, GPs, wellbeing practitioners and the complex needs team for example. This referral pathway goes the other way too and patients may be referred on by Family and Therapies to the complex needs team if it is felt they would benefit from more specialist support, with addiction or domestic abuse.

## Case Study

A patient was referred struggling with depression. The referral gave very limited detail. Upon assessment the patent was placed with a more qualified therapist at in the first session, they disclosed misusing prescription drugs. With consent from the patient a referral to Narcotics Anonymous (NA) was made and they were supported through the addiction.

As soon as the patient had worked through these issues, they were accepted straight back into counselling to work through the emotional experiences from childhood that led to the addiction and being at the point where it was taking over their life. The patient now manages their own medication with no more evidence of misuse of prescription drugs. They have gone back to work, are in a much more emotionally stable position, and family life has improved. They have got their life back on track.