

Brief Solution Focused Therapy For Parents

A small change is all that is needed to make a big difference.



Are you feeling stuck?

Do you want change?

Are you motivated to make said change?

And do you want a different approach to create this
change?

If you answered yes to these questions then Brief Solution Focused Therapy would be suitable for you. Find Your Spark – Positive Psychology Service will provide four - (FREE) confidential one hour sessions to be held in a local venue or the tranquil surroundings of the offices in Layer.

Starting November 2017.

**To book your place please complete attached referral form
and email: liz.pickford@brightlingsea-inf.essex.sch.uk**

Or to find out more you can call

Michelle Shavdia - 07834 552 514

Or Liz Pickford 07944333685

Brief Solution Focused Therapy Referral

Parent Name:

Child's School:

Phone number:

Email address:

Reason for referral:

Confidentiality

Find Your Spark is a funded service, therefore some anonymised information may be shared with the funder to enable Find Your Spark to evidence their work. None of the information shared will contain any identifying information in order to maintain confidentiality. If there is harm to yourself or someone else however, confidentiality will have to be broken.

Consent

I, the undersigned, hereby affirmatively state that I wish to participate and commit to four weeks of Brief Solution Focused Therapy. If I am unable to attend a session I will give 24 hours' notice by phone/email. Failure to do so will result in the loss of the session. I understand that confidentiality will have to be broken if harm or abuse is taking place and agree to anonymous quotes being given.

Signature of Parent

The four FREE Brief Solution Focused Therapy Sessions can be delivered in a private, safe and confidential room at your child's school (within Mid Tendring Education) or alternatively you can be seen at the Kingsford Centre (Layer Colchester) Please indicate your preference below by **marking X**

In School: please name school

Kingsford Centre (Layer, Colchester):

Thank you. Sessions will typically take place on a Tuesday either within school or in the Kingsford Centre however we are flexible and will try our best to work around you. Evening appointments can also be arranged.