



**48 hours notice of cancellation is required,  
or the full fee is payable.**

*Independent Therapy Solutions exists  
to provide a range of  
high quality interventions  
to people experiencing physical,  
emotional, psychological or behavioural difficulties  
to facilitate change and well being.  
Releasing the unique potential of the  
individual through  
non-judgemental, self-empowering support.*



# YOUTH SERVICE



**Independent Therapy Solutions Limited**  
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## Youth & Children's Service

At **its** Ltd we strive to offer a safe space where children and young people can explore their feelings and behaviour in order for them to leave feeling positive about themselves and able to deal with their behaviour in an acceptable manner that works for them and the people around them..

### We adhere to the Government's National Framework "Every Child Matters"

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well-being

All of our counsellors are Qualified, Insured, belong to appropriate Professional bodies and are enhanced CRB checked, to ensure your child receives the best possible care

### HOW DO WE DO THIS ?

By face to face counselling/ NLP, Art and group work.

Our Counsellors are experienced in working with children and young people and have a number of skills they will use depending on the individual needs of their client .

**We also offer group work to young people on varied topics.**

### HOW LONG DOES IT TAKE ?

We suggest 8 weekly sessions to start with that will be reviewed in week 6, in order to monitor progress and to decide if more sessions need to be booked.



### WHO DOES IT ?

#### SUE SANDEMAN

**Co-ordinates our youth service**

Sue Sandeman MBACP is an experienced Counsellor and Master NLP practitioner. Sue has a wealth of experience working with young people who have challenging behaviour.

In the past she has project managed education provisions for young people excluded from main stream school and has developed and delivered workshops on a number of subjects. Sue currently works with EYPDAS; the drug and alcohol service for young people.

Sue believes that many of the young people, she works with have often got lost, in this fast paced 24/7 world we now live in. So to give them a chance to stop and focus inwards, gives them an opportunity to see and think about the impact their behaviour is having on themselves. This is often the start of them gaining personal control and self respect, which needs to happen before they can start respecting their wider society, i.e. Family, school and the community they live in..

Sue currently works at Harley St London and **its** in Essex, seeing clients, many of whom are adolescents and children. She also works in conjunction with voluntary groups.