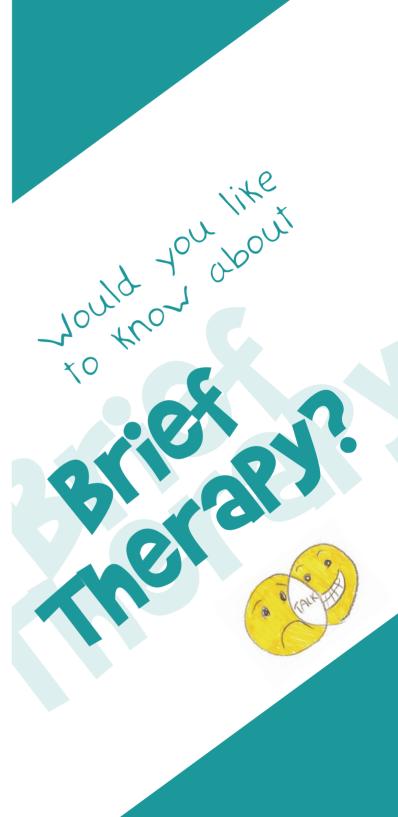
Interested?

Brief Therapy is available to young people aged 11-19 in Hertfordshire

(up to 25 years for young people with learning difficulties and/or disabilities)

To find out more about
Brief Therapy or to make
an enquiry, please contact the
Specialist Services Office on
01992 588796 or by email at
brieftherapymailbox@hertfordshire.gov.uk







A Brief Therapist
will listen to what you have to
say and will help you to deal
with difficulties and think
I through the positive changes
you would like to make in your
life and how to achieve them.

Anything you talk about with a Brief Therapist will not be shared with anyone else. Unless there is a concern about your safety or the safety of someone else. We would always discuss this with you first.

Some of the things that young people talk to Brief Therapists about are

TRUST

RELATIONSHIPS

FEELINGS

You will meet a Brief Therapist in a place where you feel comfortable. At a time that is convenient for you. This might be at school, or college or in a Youth Connexions One Stop Shop You just need to be committed to giving Brief Therapy a try. You will meet a Brief Therapist for an average of six sessions however everyone is different and the number of sessions may vary.