

## Things for you to consider

Sometimes talking about difficult issues can be upsetting. All families are different, and this form of therapy may not suit your family. If this is the case, we can discuss alternative forms of help with you and you are free to change your mind.

## When are appointments available?

We currently run clinics between Monday and Friday. There is wheelchair access to the building and parking is available for disabled visitors. On-street parking is available for up to two hours but is limited.

You will receive a map with your first appointment letter.



## How to contact us

### The Leeds Family Therapy Service

The Annexe, The Mount  
44, Hyde Terrace  
Leeds  
LS2 9LN

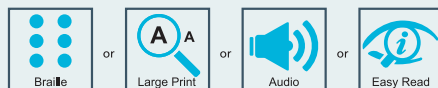
Tel: 0113 855 9564

## Useful websites

Association for Family Therapy  
and Systemic Practice  
[www.aft.org.uk](http://www.aft.org.uk)

Leeds and York Partnership  
Foundation Trust  
[www.leedsandYorkpft.nhs.uk](http://www.leedsandYorkpft.nhs.uk)

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# The Leeds Family Therapy Service

## Patient Information





### What we do

All families have difficulties from time to time. Sometimes families deal with difficulties themselves but sometimes talking with others can be helpful.

People usually come to see us if they are concerned about relationships in their family. Families have told us that providing a place where people can listen and talk together in new and different ways can be helpful.

The Leeds Family Therapy Service includes practitioners who specialise in areas such as learning disabilities, therapists who are registered to work with children and young people and therapists who specialise in adult mental health. We have experience of working with families to identify their own resources and solutions.

### Who do we see?

Many different families have used our service, for example:

- Single parent families
- Couples, including same-sex couples
- Children and parents, whether living together or separated
- Step families
- Families with grandparents
- Families where all members are adults whatever their age
- People with a learning or physical disability
- People who live together in communities like residential homes or supported living etc.

### Who can refer to the service?

Families can be referred by Primary Care Mental Health Services, and other services within Leeds and York Partnership NHS Foundation Trust (for instance, by a psychiatrist or community mental health nurse).

Unfortunately, we are unable to accept self-referrals at the moment.

### What will happen at your family therapy appointment?

When you arrive a therapist from our service will spend some time talking with you about the way we work and answer any questions or concerns you have. Depending on your circumstances you may be seen by a single therapist or a team of therapists.

### How long are the appointments?

They usually last up to 1.5 hours.

### How often will you need to come?

The first session is a chance to talk about if family therapy is right for you and how we can work together. We usually suggest regular appointments every two to four weeks. Families may be seen between one and 12 times for family therapy. Your therapist will discuss with you how many sessions may be

involved. If the difficulties have been around for a while, it can take time for things to change. Wherever possible the decision about the number of sessions is made together by therapists and families.

### Is it confidential?

We are a confidential service. We do keep records of the appointments but these are kept in locked cabinets and are only available to the Leeds Family Therapy Service. We also record some information on our electronic record which will be made available to others involved in your care in Leeds and York Partnership NHS Foundation Trust. There are strict rules about who can access the electronic record. Access is limited to those who are involved in your care and who have a legitimate reason to access the record. The record cannot be accessed by those working outside Leeds and York Partnership NHS Foundation Trust apart from in exceptional circumstances.

**The Leeds Family Therapy Service is free and part of the NHS.**