

The Somerset Phoenix Project: Consultation Services

We offer specialist consultation for professionals delivered by our therapeutic team which consists of a Child Psychotherapist, a Clinical Psychologist and a Specialist Child Therapist, who are all qualified and experienced in the field of childhood trauma and abuse.

Using our 'Request for Support' from a professional may, in the most complex cases, request a Specialist Consultation. This can be tailored to the specific case and can be delivered in the form of:

- A multi-professional meeting relating to the child/family and involving key professionals involved in providing support.
- An individual consultation with a lead professional.
- A smaller systemic meeting of key professionals and parents/carers.

The purpose of this initial consultation is:

- To make a full systemic assessment of the case in order to decide on an appropriate action plan.
- To advise on trauma-informed approaches and ensure that consistent and supportive approaches are being taken throughout the supporting systems.
- To contribute towards production of a trauma-informed support plan around the child and family.
- To provide support, consultation and guidance for professional individuals, teams and organisations.

The consultation will be arranged to take place at an agreed venue (or by phone) which is most convenient for all participants.

We aim to hold an initial consultation within 4 weeks of receipt of the request for support.

A member of our therapeutic team will consult the referring professional by telephone in preparation for the consultation.

Following each consultation we will produce **a short summary of the main points of discussion with an action plan for next steps of the support plan**. This may be the end of the consultation process or may lead to one or more follow-up sessions in order to develop a full assessment of needs and a detailed action plan. These are examples of possible follow-up consultations:

- Specialist consultation session for parents/carers to develop skills and strategies for supporting their child in a trauma-informed way.
- Consultation session for key school staff to plan trauma-informed support for the child.
- Trauma-focused session with parent/carer and child together using creative methods, stories and activities to create a sensory-focused plan of strategies to support improved emotional regulation and management of trauma symptoms.
- In the case of a looked after child when there are multiple agencies involved in the support plan we may be invited to participate in an 'Emotional Wellbeing Team Around the Child' (EWTAC) organised and facilitated by the LAC Emotional Wellbeing Team.