

# 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](mailto:brieftherapymailbox@hertfordshire.gov.uk)



Would you like  
to know about

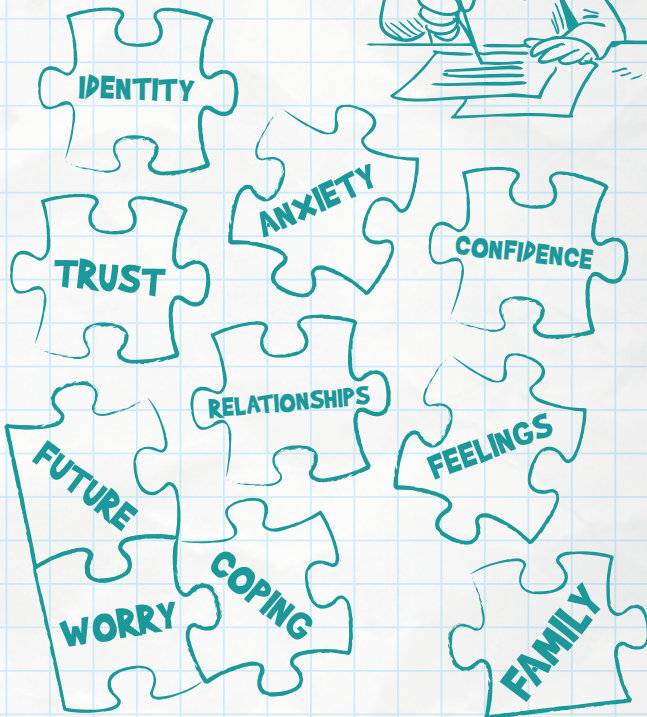
# Brief Therapy?



A Brief Therapist will listen to what you have to say and will help you to deal with difficulties and think 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 ....



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.