



Informed Consent to participate in Group Dramatherapy Sessions with LIVING On

Name of child:

Date of Birth:

I give permission for my child to participate in the dramatherapy groups. I understand that these sessions are confidential and a safe space for my child to talk and explore their feelings. I understand that the dramatherapist/support worker is unable to discuss details of these sessions with anyone unless they feel the child is at risk or is a risk to others (under the child protection and safeguarding guidelines).

I have read and understood LIVING ON's information guide

Signed:

Print:

Relationship to the child:

Date:



INFORMATION SHEET: Group sessions

The dramatherapy 6 week group helps children and young people to explore their feelings, to express themselves and to make sense of their life experiences. The sessions will be tailored to child's or young person's needs, which may include; play, stories, talking and using other creative resources.

We aim to allow children the opportunity to explore and understand their feelings and through the groups they can be offered a new perspective on the difficulties they face. Children and young people can feel empowered and with an increased self-esteem, may be better equipped to deal with the challenges of their lives. The groups aim to alleviate the feeling of isolation that comes with grief and offers the chance for peer support too. Within the groups will we explore ways to collect memories, tell our stories and ask questions, look at difficult feelings and ways to cope with these? We remember the person we have lost together and build new relationships.

Confidentiality - Before starting the dramatherapy groups your Family Support Volunteer will discuss confidentiality with you and your child. Usually specific details of each session will be confidential to the child, but we can arrange regular reviews. No information will be disclosed to any other person or agency without prior agreement from the parent/carer and child (if appropriate).

The only exception would be where information is required by a court of law, local authority or when the support worker has reason to believe that a child or other person is at risk.

Records and Notes - The content of each session will be recorded in the group's records. The records contain details of the sessions, assessment and any other relevant details. These records are confidential, kept secure and conform to the Data Protection Act (1998). These records may also be confidentially discussed with an external clinical supervisor.

Tips to support your child when the family is attending the groups:

- Please be supportive of your child receiving therapeutic support, this will encourage him or her to be able make best use of their sessions.
- Try to make sure that you and your child attend their sessions each week as consistency and continuity are very important in building a trusting relationship.
- If you or your child is not able to make a session, please let your LIVING On contact know as soon as possible.
- If your child does talk about the session, just listen and try and resist asking how the sessions have gone.
- You can talk to each other about what you have experienced in the groups but being mindful not to share other group members' experiences.

- As with other supporting interventions, sometimes behaviour can get worse before it gets better. Please feel free to contact us if you need any further support.
- Have a think about how you as a family can communicate over the six weeks and what you might like to do at the end of each session. It is advisable that there is a little bit of process time after the group.
- If you think further issues come up during the week, please contact us.
- We are here to support you throughout this journey and if there are things that you are struggling with please let us know.
- If there is information that you would prefer your group not to know please make sure you have talked this through with your buddy.

