

## The Therapy Process

There are many ways in which Speech and Language Therapists can provide therapy for your child. When planning therapy our aim is to consider your child's needs and circumstances so we can provide the best package of care and support.

### **The difference between local services and private services**

If your child is seen by a Speech and Language Therapist from a local NHS or educational service, the therapist may not have as many options available as a therapist working in the private sector. For example, it is common that Speech and Language Therapists in the community see children for therapy sessions for 6 week blocks.

If you feel that your child would benefit from more intensive input a private Speech and Language Therapist may be able to provide extra support.

### **How will therapy be provided?**

Therapy can be provided in a variety of ways including 1:1 sessions, group therapy, online therapy or through consultative support. Depending on your child's needs this may take place daily, weekly or monthly – whatever is the best option for them.

### **Where does therapy take place?**

The child's circumstances are taken into consideration when deciding where therapy will be delivered. Speech and Language Therapists work across a variety of settings including homes, community centres, schools, nurseries and online.

### **Goals**

Goals will be written by the Speech and Language Therapist so that everyone who is involved in caring for your child is aware of what they are working towards. Older children and parents/carers are encouraged to help develop goals so that they are meaningful and motivating for the child.

### **Will my child be happy to join in?**

Children find therapy sessions fun! The Speech and Language Therapist will use games and rewards to motivate your child to participate. Positive praise is used by all therapists, which will boost your child's self-esteem and encourages them to play an active role in therapy sessions.

### **Joint Working**

Speech and Language Therapists from Integrated Treatment Services will work closely with other professionals involved with the child's care e.g. teachers and

physiotherapists. Therapy plans may include advice from other professionals to support the child's other difficulties e.g. motor skills. The Speech and Language Therapist would be available to visit different locations to work alongside other professionals and carers.

### **Homework tasks**

The Speech and Language Therapist may ask you to support your child by using specific strategies with them at home, school or nursery. Your child may also be encouraged to practice therapy activities at home to help maintain the progress they make during therapy sessions. If your therapist asks you to do this they will provide you with resources to use and suggest different ideas to motivate your child.

### **Therapy Approaches**

Speech and Language Therapists at Integrated Treatment Services use a wide range of therapy approaches. These approaches are based on evidence from research and therapists are encouraged to attend training events to develop their professional skills. If you would like to read more about specific approaches we use you can do so on our website:  
<http://integratedtreatmentservices.co.uk/our-approaches/speech-therapy-approaches/>