



Our mission is to provide a service to address the issues of abused Children and Young People by providing therapy in a supportive and therapeutic environment. Care givers and Professionals can also receive appropriate advice and guidance.

### Referral process:

- First contact us by telephone or email.
- Complete the supplied referral form.
- Complete a risk assessment.
- The client is allocated a therapist.
- We review after 8 sessions with a report

### Who can refer?

- School Nurses - Social Care
- GP's - CAHMS - YOT
- IDVA'S, Supported Housing,
- Parent support Advisors.
- Family support workers

### Contact details

PO Box 706

Truro

TR4 9HA

Direct telephone line: **01872 540 366**

or Mobile line: **07542 532 001**

Our messaging service is checked every hour.

Email: [info@clearsupport.net](mailto:info@clearsupport.net)

Website: [www.clearsupport.net](http://www.clearsupport.net)



Funded by;

Comic Relief & Action for Children



**Children Linked to and Experiencing Abusive Relationships**

**Registered charity No. 1128689**

**CLEAR enables children and young people having experienced an abusive relationship to flourish within a therapeutic setting.**



## What is CLEAR?

CLEAR is a registered charity offering a unique child centred therapeutic service based in Cornwall that can work with Children and Young People (CYP), between 3 - 18 years of age who have been traumatised by either direct experience or witnessing sexual, psychological or emotionally abusive relationships.

All CLEAR counsellors are BACP registered, CRB checked, CAMAT and have undergone specialist training in child and adolescent therapy.

## So what does CLEAR provide?

- individual, face to face therapy
- group work

**A range of therapeutic models which include the following:**

Play therapy , Drama therapy, eco-therapy , Woodland therapy, Narrative therapy, Person Centered, CBT, Integrative therapy.



CLEAR also offers support to the non-abusing carer both individually and with the child. It is the use of specifically trained counsellors and the availability of group therapy that makes CLEAR unique.

## What does CLEAR do?

Through the Counselling process, we offer CYP the experience of a healthy relationship.

Changes take place that enable CYP to communicate, concentrate and develop a trusting relationship with the counsellor.

This enables them to flourish in a therapeutic setting and learn how to:

- build safe relationships within their family and friendship circles
- understand difficult feelings
- experience positive feeling
- share concerns and fears
- reinforce trust and self belief
- develop coping strategies
- break the cycle of abusive relationships
- take part in social activities
- re-integrate into school and learning

## Where does this take place?

Our services are provided in safe environments:

**Children's Centers , Schools , Colleges,  
GP Surgeries, Refuges, Clients home,  
Supported Housing, wherever the client feels safe.**



## Do CYP have a voice in CLEAR?

CLEAR has a consultation group with CYP aged 11-16 years at a local school, who have experienced counselling with CLEAR.

The group have elected to call themselves "CLEAR Ideas" and have used their voices to help CLEAR trustees to shape the future of their service. This process is now an integral part of our governance and service development.

Feedback that we have received from the CYP has reinforced to us the importance and impact of encouraging CYP to be heard and directive in CLEAR's future.

## Our Aim:

Our commitment to breaking the cycle of abuse will hopefully raise awareness of the effects of abusive relationships on CYP. This will promote appropriate referrals to support services such as CLEAR and reduce the stigma associated with being a survivor.

