

Welcome

P2K Therapeutic services offers individual and group therapeutic sessions for children, teenagers, families and adults in Southport, Litherland and throughout the North West.

All of our programmes are assessed and evaluated. Our services are delivered by qualified and experienced practitioners who are BACP and UKCP registered, and enhanced CRB checked.



For more information about the services we can offer including rates and availability please contact Parenting 2000:

Southport Centre

The Lodge, Mornington Road, Southport PR9 0TS
Telephone: 01704 380047

Litherland Centre

Alexandra Road, Litherland, Liverpool, L21 7PN
Telephone: 0151 920 7137

Referrals

Referrals to all of our therapeutic programmes are accepted from individuals, schools and other educational and training providers, GPs/ healthcare professionals and other relevant organisations.

Referral forms can be accessed from P2K's centres based in Southport and Litherland.

"My experience with Parenting 2000 therapeutic services has been monumental in giving me back strength and confidence. Before starting the sessions I felt completely weighed down with stress and anxiety. I now feel I have hope in making my future a happier one."

Therapeutic Services user

Parenting 2000

The Lodge, Mornington Road, Southport, PR9 0TS Tel: 01704 380047	12 Alexandra Mount, Litherland, Liverpool, L21 7PN Tel: 0151 920 7137	58 Coronation Road, Crosby, Liverpool, L23 5RQ Tel: 0151 932 1163
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www.parenting2000.org.uk

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www.facebook.com/Parenting2000

Parenting 2000 Therapeutic Services



Therapy, support and counselling in the North West



Therapeutic Services

Our BACP/UKCP registered therapists can offer a range of holistic and therapeutic support programmes for people from all walks of life.

Therapy and Counselling

- Individual support for children, teenagers and adults
- Family Therapy - Chaotic Families
- Children and families special needs support
- Low self esteem and confidence
- Emotional issues - including anger management
- Anxiety and stress
- Drugs and alcohol
- Bullying and harassment
- Domestic abuse
- Bereavement
- Cognitive Behaviour Therapy
- Heart math programme
- Massage therapy

Anxiety Management Sessions

These sessions are designed to help people understand the underlying causes of their anxiety and develop personal resilience to help manage their anxiety more effectively.

Individuals will learn relaxation techniques and understand the links between our thoughts, feelings and behaviours, enabling them to break the cycle of anxiety and reduce its self-perpetuating components.

Learning outcomes:

- How and why is anxiety started?
- Why anxiety continues
- How to reduce anxiety to a manageable level

Self Esteem Workshops

The workshops are available for anyone experiencing challenges due to lack of confidence, anxiety and feelings of low self-worth. The content will help them gain an understanding of how low self-esteem develops and how it can create barriers to employment, education and relationships.

The workshop is suitable for those who have experienced any of the following:

- Anxiety when thinking about doing something new?
- Talking themselves out of applying for an interesting course or job?
- Feeling self-conscious or awkward when walking into a room or speaking to a group of people?

The workshop covers effective techniques that help to reduce low self-esteem and help to build confidence.

Think Differently, Cope Differently

This 5-week course, delivered by experienced facilitators, is designed for people who are suffering from mild to moderate depression or feeling down and looking for help to support changes in their lives.

Evaluation

Individual programmes are evaluated and monitored throughout the intervention process and evaluations are based on the assessment post programme. The P2K assessment process incorporates two evaluation systems based on the individuals negotiated desired outcome and stress level established at the beginning of the intervention process.

Desired outcome valuations are conducted pre and post programme, using a four-response impact key. Stress levels are rated pre and post intervention, using a ten-point response impact key.

Creative Arts Programmes



P2K's creative arts service is introducing two new workshops:

- Positive Thoughts
- Freestyle Fridays

These workshops are designed to help reduce stress and anxiety levels through participating within the creative workshop activities. They are available to all young people, adults and families who are experiencing issues relating to lack of confidence, anxiety and feelings of low self-esteem. They are also suitable for those who wish to develop their creative ability and meet new people.

Our Therapeutic Services team works closely with the Creative Arts Service, planning workshop sessions that ensure the very best quality outcomes for all who need this unique service. The workshops will be delivered by Jason Smaridge from the P2K Creative Arts Service.

To book places on future workshops please contact P2K Therapeutic Services on 01704 380047

Referrals are accepted from individuals, healthcare providers and other related organisations.