

What is a CPWP?

Information for young people



You have been referred to Hull and East Yorkshire Mind for therapy from a CPWP, but what is that and how can they help you?

CPWP stands for Children's Psychological Wellbeing Practitioner. CPWPs are specially trained to help children and young people experiencing things such as low mood or anxiety.

This type of therapy tries not to affect your school or college. Your support may be provided face to face, in online Skype sessions or over the telephone.

The support is evidence based, which means that this therapy uses techniques that have a lot of evidence to prove that they work.

The CPWP will work with you to explore the issues you may be experiencing, and talk about how you are feeling. We will work together to set goals, and to help you to feel better, happier and less worried. We will provide you with lots of tools to add to your toolkit to help manage your problem and these can be used even after therapy.

Sessions will be around 30-40 minutes, and will include some tasks for you to do between the sessions. The tasks in between the sessions will help you on your journey to feeling better.

We think it is really helpful to try to involve your family in your support, but we will work with you to plan how much involvement you might need from parents or guardians.

You may also be asked to complete a form called RCADS, which stands for Revised Children's Anxiety and Depression Scale, at each session. This is really useful to help us keep track of how you are progressing in your therapy and whether it is working for you.