The Mollitiam Project:

Non-talking Therapy for Bereaved Young People



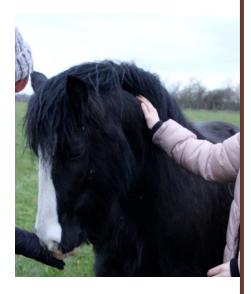
mollitiam (Latin) noun

1. resilience

Just like adults, young people who have lost someone important may

find themselves struggling with a powerful range of emotions. Sometimes they can find it difficult to express their grief in words. They might find the idea of 1-1 counselling too daunting and would prefer to use other non-talking means.

Our Non-talking Therapy programme offers 8 weeks of group therapy for young people (11-17yrs) who have been significantly affected by the traumatic bereavement at any time in the past.



The Therapy is available free of charge to young people who are registered with a GP practice in Derby city or the southern Derbyshire area, or have used Treetops Hospice services.

The Therapy includes a programme of 8 weekly sessions, held at Treetops Hospice on a Tuesday between 5.30pm and 7.30pm. Groups will be made up of between 6-12 young people and include:

- Expressive activities such as animal therapy, drumming therapy, art therapy, yoga therapy and complementary therapy
- Educational activities on understanding grief and managing feelings better
- The creation of a personal journal to record the highlights of the programme

How to make a referral: Referrals can be made by parents or carers, GPs or other professionals, or self-referrals by young people aged 13yrs+.

For more information, contact the Counselling and Emotional Support Service on 0115 949 6944 CESadmin@treetopshospice.org.uk







