

Melrose Care is a community-based agency under Children's Aid Society that provides counselling and specialised therapies to:

- Children and youths aged 7 to 17 who have difficulties managing emotions
- Adult caregivers who have been impacted by adverse childhood experiences, and whose own trauma history affects their caregiving responsibilities

## WHO WE ARE

We are a multidisciplinary team of trauma-informed therapists, counsellors and psychologists, with the aim of supporting our clients to address and resolve emotional distress, as well as overcome the negative effects of traumatic experiences.

We work collaboratively with other stakeholders in the community to support the client's life, such as immediate and extended families, schools, family service agencies, hospitals or medical care teams, and other community agencies.

## WHAT WE DO

### OBJECTIVES

- Provide advance clinical support such as therapeutic interventions focused on mitigating impact of adverse childhood experiences
- Develop strong and healthy relationships in families, and integration into the community
- Break stereotypes and promote security
- Raise social mobility through building of personal inner resources and resilience

### IMPACT

- Improve communication and interpersonal skills
- Greater self-acceptance and self-esteem
- Reduce anxiety and depressive symptoms
- Able to better cope with intense emotional experiences

**Clients often come in seeking help to solve a problem they see in themselves or their child. Our goal is not to “fix” a problem but to assist clients in understanding their challenges and support them in developing coping skills to address the issues they present with.**

We work with the client to come up with approaches that fits with their value systems and their current emotional needs. We also strive to provide a safe and non-judgmental space for the client to express themselves, be understood and gain new insights about themselves or their struggles.

We are mindful that each client may come with their unique needs in their life journeys and thus may have different therapeutic needs when they see us. We place a high importance in pacing with the client, to start from where they are at and work collaboratively to come up with their therapeutic goals.

# TYPES OF APPROACHES

One of our main approaches is **Trauma-focused Cognitive Behavioural Therapy (TF-CBT)**.

TF-CBT is an intervention specifically tailored for children and adolescents experiencing emotional and psychological difficulties as a result of trauma. It helps to identify, understand and address the impacts of trauma on the child, which ranges from emotional symptoms to behavioural and learning challenges.

TF-CBT is a short-term intervention that generally lasts anywhere from eight to 25 sessions. The child and a safe caregiver may start off with separate therapy sessions before progressing to engaging in joint sessions.

In addition to TF-CBT, we also offer other therapeutic approaches such as:

- Expressive therapeutic approaches e.g. art therapy, play therapy
- Experiential approaches e.g. somatic-based, schema therapy
- Family and systemic therapy

## WHAT IS THE FIRST SESSION LIKE?

### FOR CLIENTS AGED 7 TO 17:

The first session will usually be with the client and their caregiver. Community partners or other professionals supporting the family may also join the first session, based on the caregiver's consent and request.

### FOR CLIENTS OVER THE AGE OF 17:

The first session will involve us obtaining an understanding on the history and development of the client's presenting struggles or challenges. Depending on the extent of the challenges, we may collaborate jointly on the therapy goals either at the end of the first or second session.

## FEES AND SUBSIDISES

While our full fees are \$150 for a 1-hour session, we provide families with financial difficulties or financial assistance schemes varying levels of subsidies based on Household Per Capita Income.

We operate on a 24-hour cancellation policy. If a client cancels an appointment with less than 24 hours' notice, or fails to show up, they will be charged for the appointment according to the subsidy level. The only exception to this policy is in the event of an illness or unforeseen circumstances.

## GET IN TOUCH WITH US!

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🌐 [www.childrensaidsociety.org.sg](http://www.childrensaidsociety.org.sg)

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### 🕒 Opening times:

Monday	9am-6pm
Tuesday	9am-9pm*
Wednesday	9am-6pm
Thursday	9am-6pm
Friday	9am-6pm
Saturday	9am-12pm*

\*By appointment only