

James' Story

All names have been changed to protect the identity of the family

A word from Jack the DDP therapist:

“James an eight-year-old boy has written this story about his therapy to mark the ending of therapy and he wanted it to help other children who might not think therapy is a good idea. I worked with him and parents for two years. Often, we met weekly but sometimes we had long breaks too.

His parents are happy and so proud that his story been included on this website. I have kept the story just as James told it as it is his perspective. He is very honest, there were times when he felt there was no point coming to sessions and times that things felt too hard – there were lots of setbacks, ups and downs but we stuck with it.

Whilst James doesn't refer to PACE specifically, it is heartening to read that he recalls the playful and fun times and how it was helpful to feel to be accepted and understood, even when feelings were scary or things were difficult. Thank you James for sharing your story”

My story of therapy

I first met Jack when he came to meet me at my house two years ago. When he came I was very scared at first and I didn't want to tell him about my old therapy and my past life. Although he was very kind and seemed like fun I still wasn't sure. Jack came a few times to me at home during my summer holidays. Sometimes he would chat to me in my garden and I would also show him my room and tell him about things. Jack was very interested in what I had to say and after that I got to know a bit more.

After the summer was over I started going to see Jack every week. At first my sessions were good fun. At first I was very clever at changing the subject. It was mainly my feelings I did not want to talk about because they were very hard for me. I think it took me over a year to talk

about my scariest feelings. The whole time Jack never told me off for not taking the session seriously but he did tell me to calm down which I slowly started to do.

During that year I was very angry and violent to everybody at school and home but Jack seemed to understand and helped me to work my way through my angry feelings.

Especially in the middle of my time with Jack when I started to feel very confused and I used to tell Jack what he wanted to hear even though it was a lie.

I started to think what the point of coming to sessions was, as things seemed to be getting worse at home and school more often. I started to tell my mum and dad that I do not know why I was acting like this as I did not really want to be like this at all.



My mum explained in one of my sessions to Jack the difficulties I was having. Straight away Jack understood how I was feeling and understood straight away. I think it was at this time that I knew I really trusted Jack. This was when he became my true friend.



Once I began to really trust Jack my sessions began to become very hard. Jack then started asking questions about my old mum and dad. This is what I didn't want to talk about. Everyone would then know it was my fault. They would all be able to see the badness of me and see my furious bear inside in a cage trying to get out.

Thank God I don't believe that now from Jack's help. He showed me that I am a kind person that has just had a lot of things happen to them. I also used to say that me, Jack and my

mum and dad and my dog were in a battle, trying to win against the dark side. Guess who won...we did!

As time went on I started to ask questions to Jack and my mum and dad about my old family and no one could give me the answers I needed. Sometimes I thought about them hurting me or not giving me food, however I didn't know if they were dreams or if they were true or I had made them up. I tell that many lies I forget which ones were true. This is when Jack came up with a plan. He thought it would be a good idea if we could get some questions for my first Social Worker Jane.

Jane came to meet us all at Jack's and I asked all the questions I needed to. I can remember my mum crying, Jack upset and dad very quiet. I was a bit puzzled with some of the answers and I didn't think some of them were true. It was very hard hearing all of those answers. I then got very angry again after that. But in time with all the help I started to forget it and move on. Then I realised my mum and dad would not throw me away but keep me and they still loved me even when I could be very unkind.

My advice for you if you are struggling to try and get to know a new mum and dad and a new life is to keep talking to some like Jack who can really try hard and make your life happier.

Sadly, my sessions are coming to an end but Jack's always there for me and was my first friend and even though i do not see him that often I still try really with my Elephant, Monkey and Meerkat which he taught me how to use.

I still sometimes mess up and tell some lies but I always remember what Jack says and get back to trying hard.

I would like to thank everyone who has helped me to be happy and have a good life.