

# YOUTH COUNSELLING AND SUPPORT HUNTINGTON'S ASSOCIATION DISEASE NI

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# GROUP THERAPY

▶ Safe Space

Facilitates a safe space for the children and young people to talk about HD with their peers

▶ Peer Support

Highlights the importance of peer support and how relationships are important when difficult things happen

▶ Community

Brings a sense of community as the children and young people can see that others have similar emotions to them

▶ Differences in processing

Highlights others may have different feelings/processing

▶ Sharing

Children and young people are given the opportunity to share with each other and learn from each other

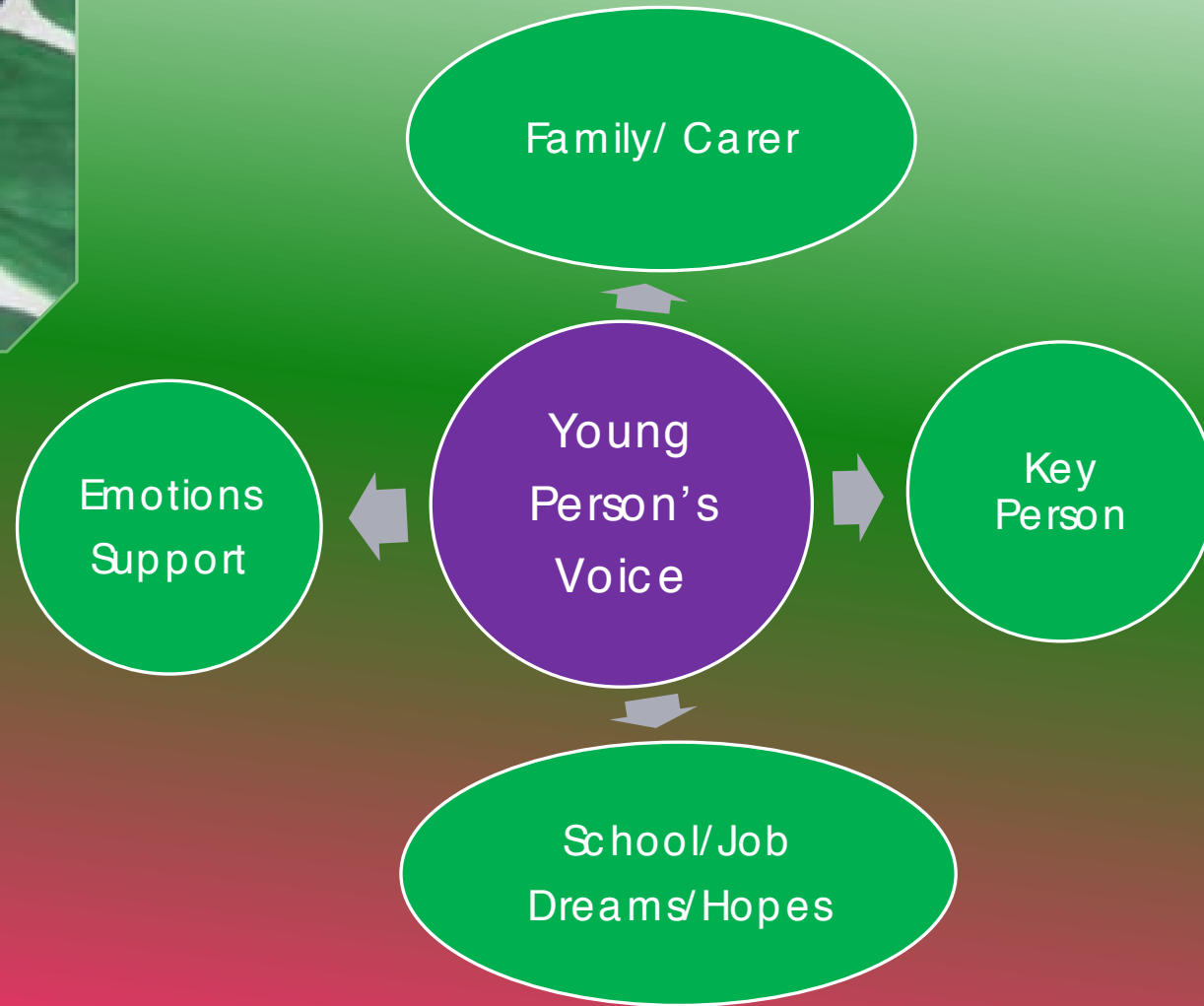
▶ Communication

Opens communication to a larger group who can continue to talk/ support each other outside of the session.

***Can identify who would benefit from individual support***



# Systemic Approach



# UNDER 12'S GROUP

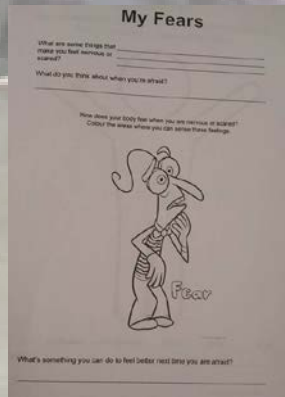




# MY EMOTIONS



- Working with parents and the child's awareness of HD
- Respecting child's confidentiality
- Importance of child's voice in a safe space
- Explore emotions and form strategies to help



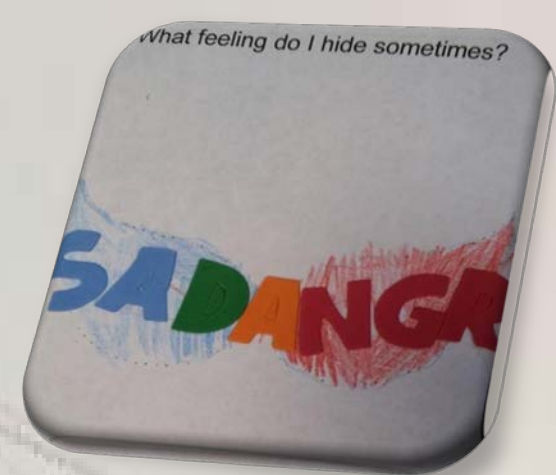


# Young teens group



# MY VOICE

- Emotions
- School
- Young Carers/Support
- Explore individual journey on how the young person is impacted by HD and Awareness
- Bereavement
- Young people's Journal







# 16+ GROUP





# Support and Connecting

- How HD impacts on the young person and their emotions
- Educating Community in HD decreasing stigma
- Bereavement
- Mental Health
- Support/ Young Carer
- Testing journeys and Support
- Connecting/ Understanding
- Support Group Leaders
- Young People's Voice Heard
- Confidential and Private Space





**HD EURO CAMP**



# HOPES FOR THE FUTURE



- Connecting with others who understand
- Emotions
- HD personal journeys in own time.
- Grief process
- Testing
- Friendships, relationships and family.
- Coping and resilience
- Progress in research
- Message of Hope







“Our journey is unique,  
but together we are a  
masterpiece”