



## Whole School Approach

Training to become Well-being and Attachment/Trauma informed at every level

beyond  
PSYCHOLOGY

# School Support

## Emotional Resilience Groups

8 week evidence based positive mental health and resilience group for young people



## 1:1 Therapy for Young People

Evidence based Interventions for young people

## 1:1 Staff Support

Stress busting Drop-in sessions for staff

## Parent Workshops

A range of parent workshop within school

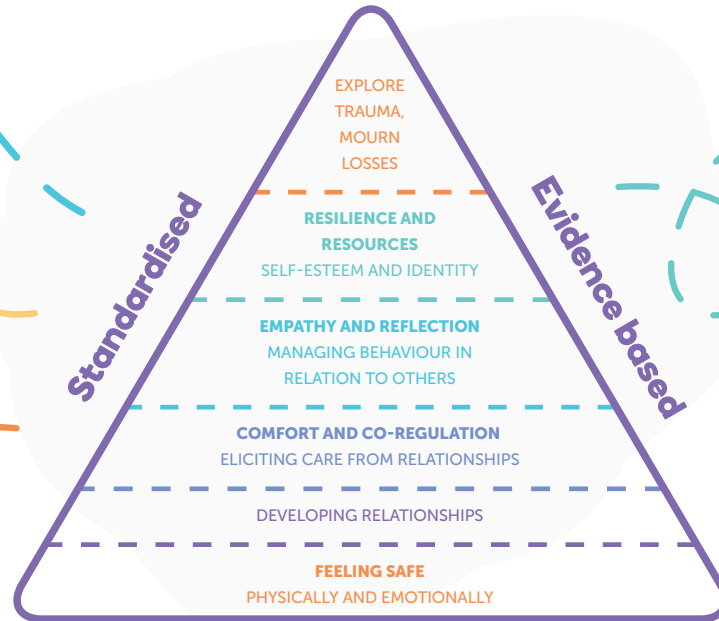
Based on understanding your child's emotions and behaviour, and how to make every day interactions therapeutic

## Brief Psychological Assessment

An assessment of need with a young person

## Staff Training

Range of sessions to understand the science of childhood, emotional regulation and behaviour  
How to make every day interactions therapeutic



## Group Supervision

Supervision of staff groups with their work



## Comprehensive Psychological Assessment

An assessment of young person and family  
Understanding difficulties in context of their family, history and experiences

Approach to supporting schools at every level

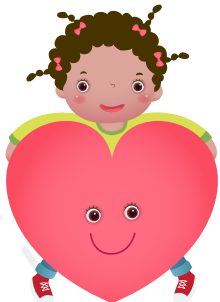
## Pyramid of Need



Developed by  
Kim Golding  
Golding & Hughes, 2012

## Staff and/or Parent Consultation

With clinical psychologists about the needs of young people



## Nurture Groups

8 week Evidence-base Nurture Group

Using Theraplay-informed practices based on neuroscience of emotional development and theraplay principles