



Whole School Approach

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

1:1 Therapy for Young People

Evidence based Interventions for young people

1:1 Staff Support

Stress busting Drop-in sessions for staff

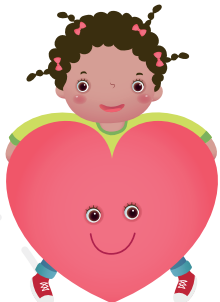
Parent Workshops

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



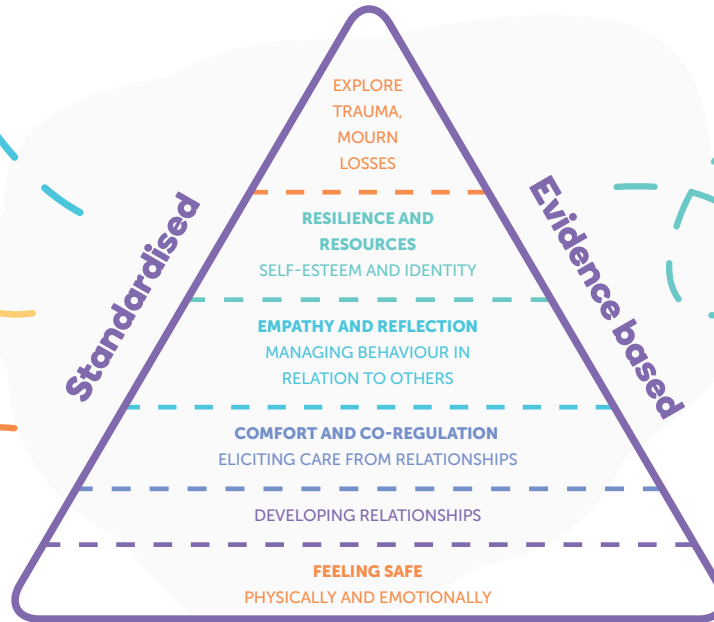
Nurture Groups

8 week Evidence-base Nurture Group

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

beyond
PSYCHOLOGY

Structure of our Support



Approach to supporting schools at every level

Pyramid of Need



Developed by
Kim Golding
Golding & Hughes, 2012

Emotional Resilience Groups

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



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

Staff and/or Parent Consultation

With clinical psychologists about the needs of young people

