

Forms of Therapy

One to One Therapy

One To One Therapy usually happens on a weekly basis.

This is a confidential service that is able to give students the space they may need, to work through issues that may be blocking them from living life in a healthy way.

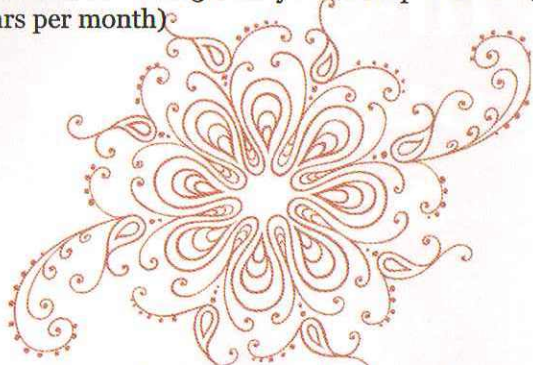
It is not always easy to talk about difficult feelings and emotions. Counselling is a way that enables students to do this without judgement or direction from another person.

Counselling sessions are offered by volunteer counsellors either in their final year of qualification, where a placement is required, or working towards accreditation.

All counsellors are members of the BACP or equivalent.

All counsellors are enhanced CRB checked and hold professional insurance.

The cost is £65 per month per counsellor. Each counsellor offers 3 hourly sessions per week. (12 hrs per month)



Group Work

Group work sessions are of one hour duration per week for six weeks, usually to fit in with term time. Each session is for up to 12 students.

Sessions offered:

Anger Management

Drugs and Alcohol Misuse

Self Esteem

Confidence Building

Body Image

Bullying

Sexual Health

or a group can be designed to fit with your school requirements.

Cost is £300 per six week workshop.

Nurture Groups

Nurture groups are groups of 6 -8 young people, usually of similar age. These groups are designed for young people to share experience and to realise that they are not alone in the fears that they face.

Children that have become isolated benefit greatly from these groups to build confidence and form friendships.

These groups work extremely well for junior school age children and have also had similar success with secondary school children.

Groups are for approx one hour per week, are student led and last for six weeks to fit in with term time.

The cost of the Nurture Group is £300 per six week set.

