

Find Your Pace – School Counselling for Children and Young People



School-aged children, teenagers/adolescents and young adults can experience mental health difficulties the same way as everyone else. One of the notable differences is, however, that they may cope with such difficulties for the first time in their life. Therefore, it is essential to provide them with the support they may need to successfully cope with their issues. After all, the way they learn to cope with challenges at a younger age, may guide their decision-making in their adulthood.

As a fully qualified and registered therapist (registered with BACP and BPS) with extensive knowledge and experience, I offer a high-quality, evidence-based, affordable psychological therapy service for children and young people between the ages of 11-18.

Some of the presenting conditions I specialise in working with are:

- Anxiety
- Depression
- Behavioural problems
- Anger-management difficulties
- Self-harming behaviour
- Suicidal ideation
- Family/Relationship issues
- Isolation

The session rate is £45 per session (including administration time).

Therapeutic sessions can take place face-to-face within school as well as online via MS Teams.

Experience

I have been providing therapy to students in numerous schools across Staffordshire in the last 4-5 years. My aim is to make my services affordable, so that those young people who may need support the most could also access it. I currently provide therapy for students of Cardinal Griffin Catholic College, Cheslyn Hay Academy – Windsor Academy Trust, and The JCB Academy (1 day/week per school), and am looking to expand to new schools. If you are interested in knowing more about my services, please, feel free to contact me.

I am looking forward to hearing from you.

Summary

- Registered with BACP and BPS
- Evidence-based, high-quality service
- Extensive experience
- Affordable service



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