



Critchill School

Individual Creative Therapy Sessions @ The Garden

Create, Relate & Grow

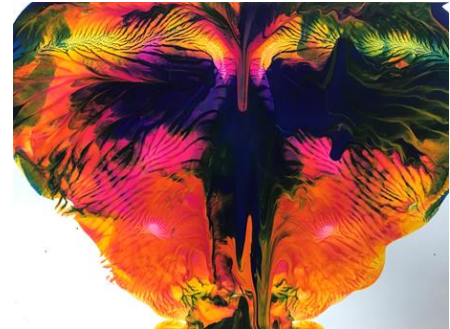


Individual Creative Therapy Sessions

Critchill School provides creative therapy sessions in 'The Garden' - a purpose-built space based in the school's sensory garden. It is a space where young people who are vulnerable and disengaged are given the opportunity to express themselves alongside a qualified psychotherapist.

These therapy sessions are ideal for young people who would benefit from working one2one with a therapist in order to:

- create a trusted safe space
- explore art materials and create things to help self & emotional expression
- learn about themselves
- develop new healthy coping strategies

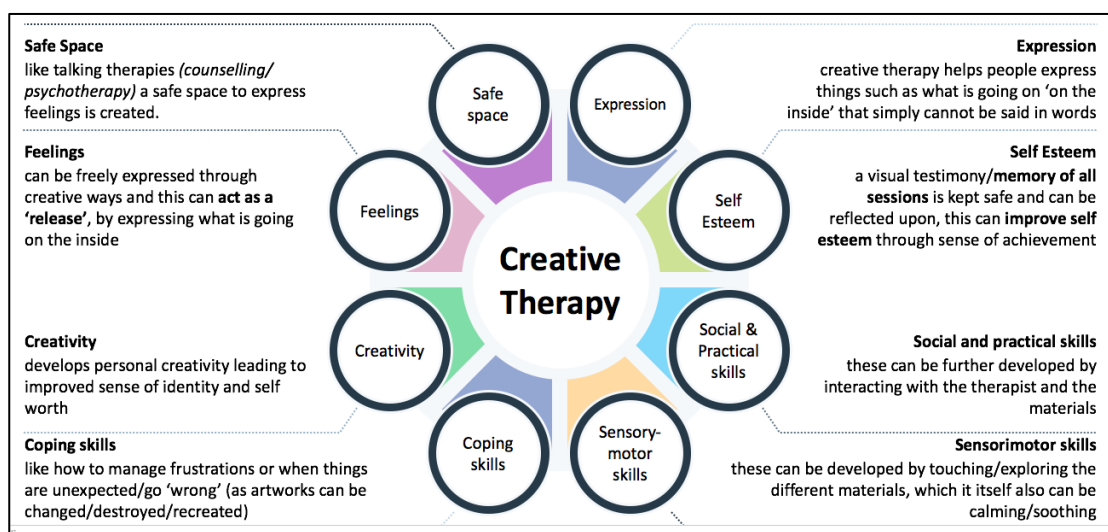


What's involved?

A student will meet with the therapist each week at the same time/place for a 50min session. Like talking therapies (counselling/psychotherapy) a safe confidential space to express feelings and inner experiences is created. After an initial assessment session where the pupil gets to 'try out' therapy - a block of 5 sessions can be offered.

What is Creative Therapy?

Simply put, it is a unique form of therapy as it uses creativity as the main way of expression & communication. Studies also show that creating things stimulates the release of dopamine. This chemical is released when we do something pleasurable, and it basically makes us feel happier. Increased levels of this feel-good neurotransmitter can be very helpful in supporting and developing emotional wellbeing.



Referral Criteria

This therapy is specifically aimed at young people from Year 1 to Year 11 who may find expression through other means – not just words – helpful. It is aimed at students whose wellbeing would benefit from one2one therapeutic work as opposed to in a group therapy setting.

Schools can register their interest in a pupil attending therapy by completing a 'Referral form'. The form should clearly outline a school's priorities for referral and the intended outcomes for the individual pupil. The therapist will then review the referral, and if suitable arrange a follow up assessment session.

Referrals should be emailed to jrichardson@critchillschool.com

Contract Agreements

Each block of therapy begins by both pupil and therapist creating a contract – setting out what needs to be in place to help the therapeutic work thrive whilst keeping everyone safe. This will be revisited throughout the course of therapy.

Fees

Attendance fees for Frome Learning Partnership students are currently funded from FLP Behaviour and Vulnerability funds. However, schools not associated with FLP are welcome to refer students

The cost is £65 per student per 50 minute session (inclusive of art materials). A block of therapy (6 sessions) is to be paid in advance.

About Critchill School

Critchill School has invested in the development of improved learning spaces and specialist resource areas, enabling all children to develop a full range of academic, functional and independent skills.

Therapy can take place either @The Garden (Critchill School) or at the host school if there is an appropriate, confidential setting approved by Jo. This latter option will incur travel costs.

Therapist

Jo is a Qualified Cognitive Behavioural Therapy (CBT) Psychotherapist and has a Masters in the Psychology of Mental Health. She has recently completed a Masters in Art Therapy and is a Registered Member of BACP (MBACP).

