

All services are provided by fully qualified counsellors who continue their professional development in the latest models of therapy. Sessions usually last between 6- 12 sessions (and sometimes more if required) and are up to 50 minutes weekly.



## 1:1 Counselling for Children and Young People

**Pre-school** – Specialist play therapy for children aged between 2 and 5 years.

**Primary schools** – Includes play, art, talking, music, puppets and story telling for children aged between 4 and 11 years in their own school.

**Secondary schools** – In school or at the Eden Centre, including CBT, art, music and talking therapies.

**Youth focused** – Confidential, emotional support for young people in a variety of venues.

**Young parents** – Exploration and support with issues such as managing stress, anger, low self esteem and healthy attachments.



## Family services

**DOVE -Domestic Abuse Project** -Specialist 1:1 and group counselling for children, young people & parents in refuge and schools. Dove also provides parallel parent/child sessions, workshops, consultancy and training for professionals.

**Parent Counselling** - individual counselling for parents/carers, including exploring attachment styles, coping strategies and building confidence.

**Student Parent Counselling** - FREE individual counselling for parents/carers whose child has/is/will be attending Eden counselling sessions. (October – July) (initial set up costs apply)

**Family Therapy** - Systemic therapy for family groups aiming to improve relationships and communication within the family and to support change in each individual. Sessions are facilitated by two therapists.

**Looked After Children Project** - Specialist 1:1, group counselling for children & young people, parents, foster carers & adoptive parents. Areas of working include exploring attachments, managing trauma, life story work and support within placements and school.

**Filial Therapy** - Specialist parent and child therapy. Experienced therapists trained in train parents to undertake special play sessions with their own children with direct support, then indirect support, and then to generalise these new skills to everyday family life.

**Relationship and Couple Counselling** – Helps recognize and to better manage or reconcile troublesome differences and repeating patterns of distress. The relationship involved may be between couples, family members or work colleagues.

**Mediation** - Mediation helps to provide effective solutions, find ways to communicate and create positive change in situations and lives.



## Group Work

**Transactional Analysis groups** – Our T.A specialist facilitates a variety of groups for all ages using TA theory to explore how we behave, relate and communicate with each other. A specialist, fascinating and fun approach

**Healthy Anger**- Exploring where our anger comes from, how we express anger and looking at new and healthy ways to manage anger in our lives, within a safe group.

**Eating Disorders** - Early intervention support groups for children and young people at risk of developing an eating disorder. Counsellors will encourage individuals to explore, share and support positive changes within a safe group.

**Self Harm** - a supportive and therapeutic group, based on emotional support, without judgment and with a positive focus on healthy emotional expression and resolving inner conflict.

**Loss & Bereavement** - includes parental separation, family bereavement, transitions and medical diagnosis Group work to share experiences, emotions and new beginnings.

**Domestic Abuse** - A safe group for children and young people to share experiences and support each other in making positive changes and future healthy relationships.

**Healthy Relationships** - Exploring the way we relate, build attachments and communicate in a group setting.

**Parent/carer Workshops** - Bespoke workshops developed in partnership with parents, carers, parent professionals and agencies working with the parents and carers in a variety of subjects.



## Training and consultancy

**Clinical Supervision** - Group and individual supervision for professionals and mental health clinicians to discuss caseloads and other professional issues in a structured setting.

**Professional Supervision** - Group and individual supervision for professionals including school staff (Head and Deputy Head Teachers, Inclusion Managers, Family and Parent Support) to reflect on their work and receive support and guidance from within a structured relationship.

**Life and Professional Coaching** - Eden provide a unique mixture of counselling and coaching which helps to deepen learning, improve performance, and enhance quality of life. This is available for children, young people, parents and professionals.

**Emotional Wellbeing and Child Mental Health Consultancy** – Trained clinicians offer professionals advice, information sharing and discussion of emotional wellbeing and mental health issues.

**Clinical triage** – Who to refer to? Therapeutic play? Counselling? CAMHS? Using the Children's Global Assessment Scale (CGAS), which is a numerical scale used by mental health clinicians to rate the general functioning of children under the age of 18. This informs the clinician of the level (tier) of intervention required or whether universal, targeted or specialist services are required to support the child.

**Attachment Training** - Learn about the 5 main attachments styles, how to identify these styles in children through their behavior with peers, adults and in the classroom and how to build healthy attachments. With informative case studies.

**Neuroscience Training** – How the brain actually works, connects to the body, affects behavior with vital strategies to mend pathways.

**Confidence and Self Esteem** - These go together. They are vital weapons needed to face the challenges of life, achieve and experience improved mental health.

**Assertiveness** – Learning to be assertive rather than passive or aggressive. Training for professionals, parents, young people and children to improve well being and communication.