



# Supporting Recovery For Children And Young People



[www.bmindfulpsychology.co.uk](http://www.bmindfulpsychology.co.uk)









## What is bMindful Psychology?

bMindful provide high quality therapeutic services and training for organisations, parents, children and young people. We are a specialist psychology service with particular expertise in working with children and young people who have experienced trauma.

- Our vision is to become a leading UK provider of psychological services
- Our priority is to help children and young people to improve their emotional and psychological well-being
- Our work is informed by psychological theory and the available evidence base

Our blended approach to delivery means that we can support the development of environments in which children can thrive, allowing our customers to become truly trauma informed and support their care teams to provide consistent, therapeutic care through a variety of supportive services.

## Our Services

We offer a comprehensive range of psychological services and support that cater to the needs of the individual and the team around them, including:

- A range of psychological assessments
- Full psychological formulation
- Direct consultation with key workers, team members and carers
- Clinical, forensic and counselling psychology
- One to one work with children and young people
- Support Multi-Disciplinary Team (MDT) activities
- Post-incident review and intervention
- Ad-hoc support and guidance
- Accredited training to care team members
- A range of bespoke training programmes designed for carers





## Our Team

The bMindful team incorporates highly specialised and qualified Clinical Psychologists, Educational Psychologists, Forensic Psychologists, Psychotherapists, Occupational Therapists, Assistant Psychologists along with a range of specialist therapists. All of our team have worked in the child mental health sector and specifically in the looked after children's sector for large parts of their careers.

We have a flexible structure to offer bespoke services attuned to the needs of the children and their carers, supporting your existing team to deliver high quality therapeutic care.

## Training Academy

bMindful offer an innovative and comprehensive suite of training targeted at those who work with children and young people. We offer a diverse range of engaging content that equips attendees with the knowledge and skills to address a variety of needs, and an over-arching aim of equipping them to work in a more nurturing and therapeutic manner.

Our professional training courses help attendees to develop core skills in understanding the emotional and psychological development of children and young people and provides insight into effective approaches to both identify those in need of additional support and to be able to offer the right support for them.

- Wide range of courses
- 1-2-1 Expert Support
- Convenient Learning
- Improved career opportunities
- Course Certification



## Market Leading Therapy, built around Children's and Young People's needs

All our clinicians are registered with the relevant professional bodies for their role, which include the Health Care Professions Council (HCPC) and the British Association for Counselling and Psychology (BACP). bMindful Psychology is also an organisational member of the BACP.

We use a range of interventions taking approaches from a wide variety of therapeutic techniques and supporting theoretical frameworks.

We work collaboratively with Children, Adolescents and Young People experiencing a wide range of mental health, social, emotional and behavioural difficulties. We have specialisms in working with young people who display harmful sexual behaviour, young people who have been criminally exploited and young people who have been sexually abused and/or exploited, as well as neuro-diverse children (including autism, ADHD and sensory integration difficulties) and those who care for them.



## What our clients say



As a well-established provider of residential care, we were keen to ensure that our team and young people had the support they needed to help them achieve great outcomes. The team at bMindful are there to support us right from the start providing bespoke training tailored to meet specific needs of the young people. With the help of bMindful Psychology our homes are consistently achieving Ofsted 'Outstanding' results and our team of dedicated carers have enhanced their skills, knowledge and practices, taking a more therapeutic and trauma-informed approach to the care we provide to our young people.



*Managing Director of North West Residential Care Provider for Children and Young People aged 11 to 18.*



We recognise the importance of providing care and support to our children and young people which is designed with each young person in mind. With the support of bMindful's team of Psychologists and Psychotherapists, our team can focus on each young person individually and ensure that they receive the support they need, taking into account their personal circumstances and trauma they have experienced. With the help of bMindful our young people have ready access to one-to-one support with a qualified professional, when needed, which ultimately improves our therapeutic approach across a number of disciplines and benefits the children and young people in our care.



*CEO of North West Residential Care and Education Provider for Children and Young People aged 11 to 18.*





## Trauma Informed Therapeutic Care Provisions

Research shows that the provision of a trauma-informed therapeutic environment aids the recovery of children and young people and builds the foundations to provide them with the opportunity to thrive.

It can be difficult for residential care providers to deliver this from an internal perspective and so bMindful can support your organisation to adopt a trauma informed therapeutic approach, offering a genuinely therapeutic care provision to local authorities.

Working with bMindful provides you with ready access to a team from a variety of professional backgrounds with extensive experience of working with a number of different providers of residential care. This allows us to tailor what we can deliver to precisely match the requirements of your organisation

Our cost-effective approach will enable you to provide your teams and carers with the appropriate skills and knowledge to deliver high quality outcomes for children and young people on a day to day basis.

Your children and young people will have full access to direct one to one support, when it is needed and without delay, and will have an opportunity to contribute and inform the best therapeutic approach that will work for them.

Our services and teams are structured to readily adapt to the changing needs of children, young people and their carers, securing you a fully adaptive and flexible service.





**Get in Touch**



**bMindful Psychology, Hobart House, Cheadle Royal Business Park, Cheadle SK8 3FS**  
Tel. 0161 510 0111 | [info@bmindfulpsychology.co.uk](mailto:info@bmindfulpsychology.co.uk) | [www.bmindfulpsychology.co.uk](http://www.bmindfulpsychology.co.uk)

