



Supporting Recovery And Interventions In Education And Learning Environments



www.bmindfulpsychology.co.uk

What is bMindful Psychology?

bMindful Psychology provide high quality therapeutic services and training for schools and education provisions directly to teachers, pastoral leads, parents, carers, children and young people. We are a specialist psychology service with particular expertise in working with children and young people who have experienced trauma, have neuro-developmental challenges and those involved in the social care 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 vision is to become a leading UK provider of psychological services

Our blended approach to delivery means that we can support the development of environments in which children and young people can thrive. Our support to families, care and education teams enables individuals to become truly trauma informed and able to provide therapeutic care on a day to day basis.

Our Specialist Educational Services

Supporting and implementing strategies and interventions to lower barriers to learning is critical to children and young people's success in education. We offer a comprehensive educational psychology service that caters to the needs of the individual and the team around them, including:

- A range of psychological assessments
- Full psychological formulation
- Developing sensory profiles and programmes
- Consultation with teachers, pastoral care, families and carers
- One to one work with children and young people
- Access to clinical and forensic psychology, psychotherapy and a range of creative therapies such as art, music and movement
- Supporting multidisciplinary team activities
- Crisis prevention and response
- Post-incident review and intervention
- Support struggling and diverse learners
- Developing safe and supportive learning environments
- A range of bespoke training programmes designed for teachers and pastoral care
- Adhoc support and guidance



Our Team

The bMindful team incorporates highly specialised and qualified Clinical Psychologists, Educational Psychologists, Forensic Psychologists, Psychotherapists, Occupational Therapists, Speech & Language 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.

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

Individually Tailored Interventions, Built Around Children and Young People's Needs

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 are neuro-diverse (including autism, ADHD and sensory integration difficulties) and those who may have experienced childhood trauma such as physical and mental abuse, domestic violence, neglect, sexual abuse and/or exploitation, harmful sexual behaviours or have been criminally exploited.

Training Academy

bMindful offer an innovative and comprehensive selection 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.

Alongside our catalogue of training topics, our dedicated team of professionals can develop bespoke and tailor-made training programmes to support you and your teams.

We offer:

- A wide range of courses from introduction to therapeutic care, PACE model and attachment theories, through to specialist programmes focussing on specific areas such as self-injurious behaviour, youth violence & criminal exploitation, child sexual exploitation, harmful sexual behaviours and more
- 1-2-1 expert support, when more focussed topics and discussions are required
- Convenient learning, delivered on a face to face or online basis
- Increased knowledge and skills of families and care team members which will expand their experience of providing care with a trauma informed therapeutic approach
- Accredited courses, recognised qualifications for team members and seniors in therapeutic practices

Full details of the training programmes we offer are available on our website www.bmindfulpsychology.co.uk

Trauma Informed Therapeutic Care and Education

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 learn and thrive.

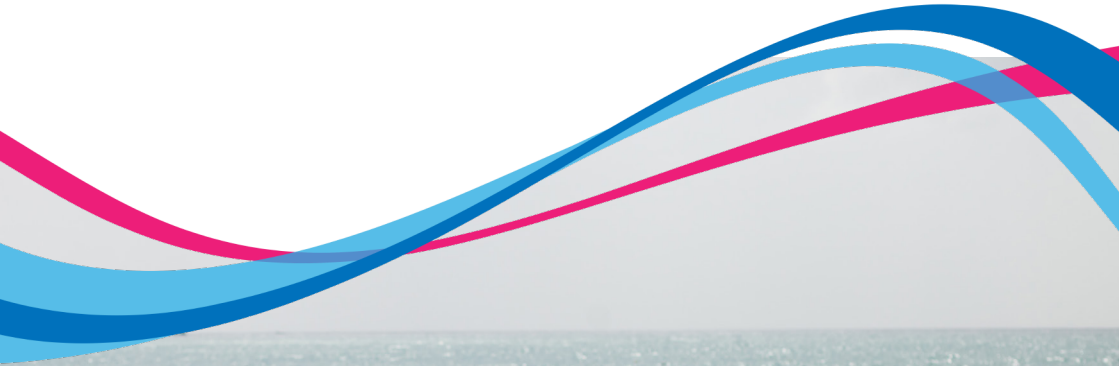
Our team will help educators, carers and parents understand how childhood trauma and the impact of children and young people's mental health and wellbeing effects their experiences in school and engaging in education.

Working with bMindful provides you with ready access to a team from a variety of professional backgrounds with extensive experience of working with children and young people whether in their family home, children's homes or education settings. 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 the people around them, securing you a fully adaptive and flexible service.



Get in Touch



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