

# How our whole school approach can help your school

## Our school Partners

### Atlantic Academy Portland



# Background & Brief: Therapy Partners, Rewrite Your Story

Therapy Partners, founded in 2014, are a team of fully trained and accredited multi-agency professionals offering therapy, training and counselling to individuals, groups, families, young people and teachers.

Supporting Positive Mental Health in Schools (therapypartners.co.uk)

The team's professional approach, flexibility and ability to adapt training to specific needs make it one of the leading organisations providing school, workplace and professional training in South East England. We work with a number of partner organisations and referral agencies including Kent and Medway NHS, Kent County Council, Porchlight, various grammar schools and local authorities, housing associations and other charities. We have also delivered workplace wellbeing training to a wide range of employers. Skills within the team include an integrative/systemic family therapist, a relationship counsellor, a clinical psychologist, a management/social work/therapy consultant, a nutritionist, a psychotherapist, a style coach, an art psychotherapist, a life coach/NLP practitioner, a cognitive behaviour psychotherapist, an addiction therapist, a humanistic therapist, a humanistic counsellor and CBT/ CBT-E counsellors.

Rewrite your story - is a charity that Supports Young People's Mental Health specialising in supporting young people with disordered eating <http://www.rewriteyourstory.org.uk/> and in association with the young people that we work with we have produced a video which is quite powerful which can be seen at <http://www.rewriteyourstory.org.uk/> We are working in partnership with the Molly McLaren Foundation who fund us, to offer support for children and young people their families and School's that cant access services through the normal CAHMS pathway. Each case is funded on an individual basis, but we will be happy to talk to you regarding referrals.

# Testimonials

## Invicta Grammar school



- “Parents and students alike have fed back only positive comments regarding the support available as a result of our partnership with Therapy Partners. At a time when mental health and wellbeing is high on the agenda in education and specifically is a recognised issue amongst girls, we have highly valued the help we have been able to access through the service.”- **Alison Rivers Senior assistant Head**

## Aylesford Primary School



“I wanted to email to say a huge thank you for both Sallie and Hollie joining us today and running the workshops with years 5 and 6. I spoke with some children after school and they really took a great deal from the sessions-they could tell me so much of what they had learned and clearly enjoyed them very much. I appreciate you all offering such fantastic enrichment opportunities for our pupils and helping them to understand what can be some very challenging topics.” - **Billy Harrington Acting Headteacher**

# Background & Brief: **Students, Families & Teachers**

## **Students:-**

**Support through transitions**

**Therapy**

**Workshops & Assemblies**

**Student Focus Groups**

**Fundraising and extra curricular opportunities**

**Ambassadors**

## **Teachers:-**

**Therapeutic support 1 to 1 or Group sessions**

**Mental health Training and workshops**

**Supervision**

## **Families:-**

**Open evenings presence**

**Support through transitions**

**Family & individual therapy**

**Opportunities to attend professionals training**

**Mediation**

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# Students: Transitions

We recognise that mental health is affected by the many transitional stages we go through in life, occurring often during our school careers. Transitions such as moving from primary to secondary school, choosing your options, taking exams and going to sixth form, college or university.

Big life changes can feel daunting, and can have adverse affects on our mental health which can lead to:

- Developing an eating disorder
- Distorted body image
- Low self esteem
- Stress
- Anxiety
- Depression
- Strain on relationships
- Decreased academic performance

We want to address the feelings, thoughts and possible impacts of transitions BEFORE they happen by providing age-appropriate services for all children and young people.

# Students: What we can offer

## WORKSHOPS & ASSEMBLIES

Ranging from eating disorder and body image, to dealing with exam stress, with how the teenage brain works in-between – we listen to the students and address the things that worry them, on a classroom or assembly scale, in an age-appropriate way.

## THERAPY AND SUPPORT

As go-to, one off help and support when students are feeling under pressure due to changes and decisions, or as a long-term option for therapy for any reason, Therapy Partners can offer a personal and discreet service with a quick referral to treatment time for students who need support.

## STUDENT FOCUS GROUPS

Focus groups can be run with a therapist to chat about the current worries and problems students feel they or their peers are experiencing, what they would like to learn about in presentations and what they may need help with.

## FUNDRAISING, EXTRA CURRICULAR ACTIVITIES & AMBASSADORS

We actively encourage students to get involved with any fundraising activities we are holding or to create their own. Involvement of children and young people within the charity is paramount as they are the reason for Rewrite Your Story and the work we do.

# Teachers & Professionals: Mental Health in the Workplace

Mental Health and wellbeing is an issue relevant not only to children and young people, but to professionals, teachers and all adults.

Current estimates state that one adult in six is experiencing symptoms of mental illness and one in four will experience mental illness during their lifetime.

Stress, Depression and Anxiety is more common than you think, and cannot be ignored. Poor mental health is now the Number 1 reason for workplace absence.

'In the recently published independent review of the impact on mental health in the workplace 'Thriving at Work' the cost to employers because of poor mental health is estimated as being between £33 billion and £42 billion a year.

The report concluded that workplace mental health should now be a priority for organisations. Harnessing the right culture in the workplace is important to create an environment where employee well-being can flourish.' –

*Wayne Goodwin, Thriving at Work collaborator & Therapy Partners Trainer*

<https://www.rewriteyourstory.org.uk/2020/02/27/thriving-at-work-report-released/>

'Workplace mental health and wellbeing; the elephant in the room' an article written by Wayne Goodwin, looks at the growing issue in business and what we can do to help ourselves and others.

[READ MORE HERE](#)

# Teachers & Professionals: **What we can offer**

## **WORKSHOPS & TRAINING**

We can work with teachers and professionals to develop training specifically based on the needs of the individuals, school and students. This could include management, communication, counselling and supervision training. Providing training on recognising eating disorders and depression in children and young people is key in early intervention, whilst helping teachers understand the importance of their own mental health and how to take care of their wellbeing is of utmost importance for a thriving staff and environment.

## **THERAPY AND SUPPORT**

One to one, confidential support or group sessions can be offered to staff. We respect the role of a teacher is a very important and at times exhausting one, which can be difficult enough to deal with without any extra worries. Sometimes life throws challenges our way; losing a loved one, divorce, insomnia, anxiety.... We will be there to help.

## **MEDIATION**

We can act as an impartial mediator in challenging situations and offer training on maintaining working relationships and communication and how to deal with disagreements.



## Families: Relationships

We live our lives through our relationships.

Research into what matters most to people consistently finds that close relationships, especially family relationships, rank higher than anything else.

Our sense of who we are is intimately associated with our relationships – both to other people and the contexts in which we live. When relationships do not give us what we need, we lose our sense of comfort and confidence about the person that we are.

When relationships go seriously wrong, powerful psychological processes come to operate. Often not in full awareness, and often with unwanted consequences. Much psychological distress is a result of these processes.

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# Families: What we can offer

## OPEN EVENINGS PRESENCE

Working closely with families within the school is very important. We would be present at open evenings/days to introduce ourselves and what we do in conjunction with Invicta. Offering a mental health and wellbeing service to students is unprecedented and a wonderful way to show parents how important our children and young people are.

## SUPPORT & FAMILY THERAPY

Divorce, moving home or school, a young person in therapy, many things can have an impact on the family and relationships as a whole. Everything we do is relational, and everything that happens to us has an impact on other aspects of our lives. Students who are attending individual therapy may also benefit from family therapy, as may families as a whole.

## TRAINING & PRESENTATIONS

Where appropriate, training sessions can be open to parents who wish to attend, or held separately. Talks can be given on options, open and parent evenings to concerned parents on how to help their children cope with changes.



## How to contact us

Tel 0845 527 4809

Email [enquiries@therapypartners.co.uk](mailto:enquiries@therapypartners.co.uk)

Website [Supporting Positive Mental Health in Schools \(therapypartners.co.uk\)](http://Supporting Positive Mental Health in Schools (therapypartners.co.uk))