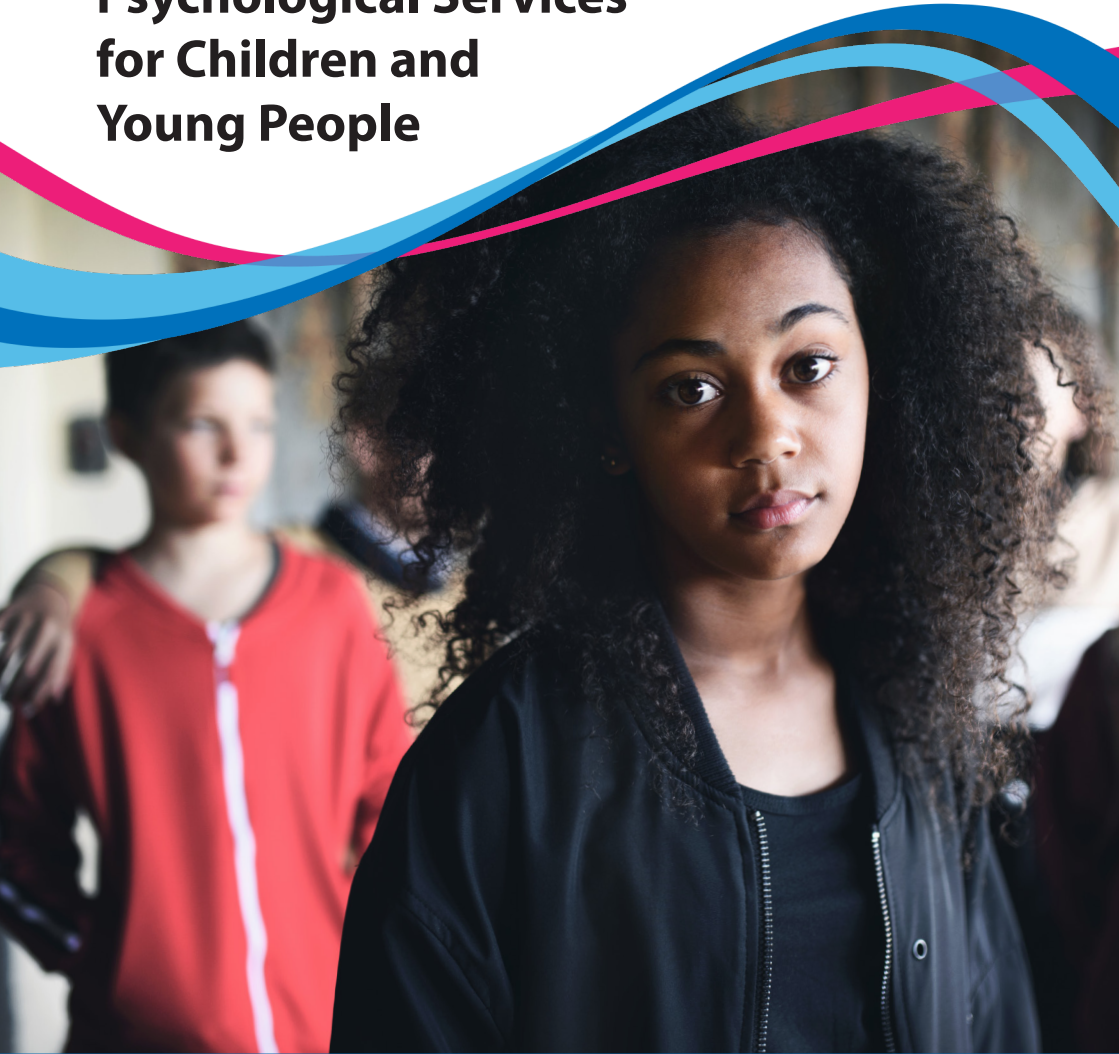




Psychological Services for Children and Young People



www.bmindfulpsychology.co.uk

What is bMindful Psychology?

bMindful Psychology provide high quality therapeutic services for children and young people up to the age of 25 years. We work closely with the team and community around the child providing support and training to carers, families, pastoral and education team members.

We are a specialist psychology service with particular expertise in working with children and young people who have experienced trauma and have a high level of experience working with Looked After Children.

We provide support to local authorities to work with families and children on the edge of care, or already involved with 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 Psychological Services

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

- A range of psychological assessments leading to formulation
- Direct consultation with key workers, team members and carers
- Clinical, forensic and counselling psychology
- One to one work with children, young people, family members and carers
- Family support and therapy
- Parenting Assessment
- Neuro developmental assessments such as autism, learning disabilities etc
- Support Multi-Disciplinary Team (MDT) activities
- Post-incident review and intervention
- Clinical support towards court proceedings and instructions
- Adhoc support and guidance
- Accredited training to care team members
- A range of bespoke training programmes

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 such as Art, Music etc. 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.



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

Tailored Therapy and 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 and young people experiencing a wide range of mental health, social, emotional and behavioural difficulties. We have specialisms in working with young people 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, as well as neuro-diverse children (including autism, ADHD and sensory integration difficulties).

Our team work with Local Authorities to support families and children on the edge of care, or who are already involved with social care services, with a wide range of assessments and psychological formulation reports available. This can support care planning and help gauge the right support for a family or young person, or be in response to court proceedings.

We also offer a variety of individual therapies including family group conferencing, to support families and young people.

Timely Support at Critical Moments

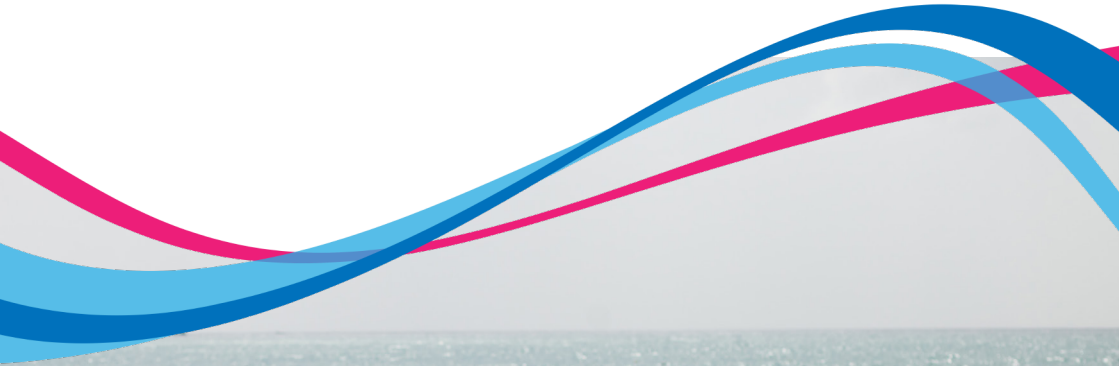
Research shows that the provision of a trauma-informed therapeutic environment aids the recovery of children and young people and builds the foundations to provide them with the opportunity to thrive.

It can be difficult to access timely support for children, families and the team around the child, particularly at critical moments when often the support and guidance from a specialist clinical team can make a considerable difference to the outcomes and pathways of care for the child.

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, fostering or children's homes or education settings. This allows us to support those with parental or statutory responsibilities to tailor what we can deliver to precisely match the requirements of the child.

You will have access to a qualified team of clinicians to provide support at every stage of the child's development and review, whether requiring direct one to one support, consultation for the team around the child, assessment or planning and intervention strategies. Our services can be tailored to meet the needs of the child, family and carers which will lead to opportunities 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



bMindful Psychology, Hobart House, Cheadle Royal Business Park, Cheadle SK8 3SR
Tel. 0161 510 0111 | info@bmindfulpsychology.co.uk | www.bmindfulpsychology.co.uk

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