

Breathing Space Therapeutic Services CIC



Our Provision

Breathing Space Therapeutic Services CIC is a woodland-based therapeutic provision offering 1:1 therapeutic support and part time intervention to children and young people, identified as at risk of exclusion from education or society due to significant mental and emotional health needs. We also offer bespoke workshops and training packages on a variety of mental and emotional health related topics to individuals, organisations and professionals. Breathing Space Therapeutic Services CIC is based in a tranquil woodland environment, offering a safe secluded space, conducive to enhancing mental and emotional wellbeing. Our team of therapists are all BACP registered, working to a robust ethical framework.

Packages for Children and Young People in Education

Accessing education may be challenging for children and young people who have experienced adverse childhood experiences, these experiences often impact upon their own education and that of other young people within the school environment.

Breathing Space offers these young people a safe environment in which to explore the obstacles that are preventing them from fully engaging in education.

We do this by offering a holistic approach incorporating group and 1:1 therapy sessions, creative therapy, outdoor activities, residentials and the opportunity to gain a recognised qualification.

Breathing Space offers:

- ◇ Formal educational activities delivered within a peaceful woodland environment
- ◇ The addressing of emotional well-being and mental health needs that are preventing engagement in mainstream environment
- ◇ Group therapy and 1:1 counselling sessions
- ◇ Team and motivation building activities
- ◇ Increased emotional resilience, confidence and self-esteem
- ◇ A robust outreach support system to assist engagement within mainstream education
- ◇ Consultation with education professionals to ensure holistic support for students can be maintained within the school environment



1:1 Therapy

It can be difficult for children and young people to talk with parents or family members about what they are thinking and feeling. Breathing Space offers children and young people a space to talk about their thoughts and feelings in a safe environment; enabling them to share any worries or concerns they may have whilst building their confidence and self-esteem. We aim to build trust, offer a

space in which the young person feels heard, safe and understood whilst learning how to utilise coping strategies and make sense of the world around them. Sessions can be based within our woodland lodge or their educational environment and incorporates talking, play and creative therapies.

“Wherever there is a human need there is an opportunity for kindness and to make a difference”



Bespoke Packages

As part of our provision, various training courses are available to professionals, parents and carers. These include, yet are not limited to:

- ◇ **The Nurturing Programme:** a structured 10 week course exploring effective parenting skills and techniques
- ◇ **Mental Health Awareness**
- ◇ **Basic Counselling Skills**
- ◇ **Grief and Loss**
- ◇ **Understanding Trauma**
- ◇ **Understanding Suicide and Self-Harm**
- ◇ **Shame Awareness**
- ◇ **Building Emotional Health and Resilience**
- ◇ **Stress and Anxiety Management**

Targeted Support

Having extensive experience supporting children with complex needs, the Breathing Space team can offer individual or group work for children and young people from marginalised areas of society including, but not limited to; young offenders, children in care, care leavers and those at risk of exploitation.



Costings

Part-time alternative provision: £100 per day per YP

⇒ This provision is available for Primary and Secondary School pupils and runs 2 days per week respectively

Individual 1:1 Therapy: £25 per session (1hr)

Group Therapy: £30 per session (1hr)

Emotional Health Workshops: £100 per session

Nurturing Programme: £1,250 for 10 people or £125 PP

⇒ 10-week programme that improves the emotional health of both adults and children, strengthening family relationships

Breathing Space aims to secure funding wherever possible so that our services can be offered at a reduced cost. Please enquire about any funded projects we currently have running when making a referral.

Referral Process

Referrals are taken via:

- ◇ Education Authority
- ◇ Children's Service
- ◇ Health Service
- ◇ Voluntary Sector
- ◇ Self-referral

All young people referred to the provision will be assessed prior to recruitment.

"Make kindness an everyday practice for children and see how humanity changes for the better"

"See the light in each other, be the light for each other"





Wendy Sorby Company Director

Wendy developed a passion for working with children, young people and families whilst working as a Family Group Conference

Co-ordinator and volunteering as Junior Church/Youth Group leader. Her passion for supporting children and families continued upon qualifying as a counsellor where she was keen to work holistically with children and families through providing 1:1 therapy in addition to therapeutic nurturing programmes for parents/carers, enabling them to identify and support the emotional health and wellbeing of their children and young people.

Recent employment as Senior

Primary Mental Health Worker saw extensive interaction with multi-disciplinary teams in providing robust therapeutic interventions for children, young people, parents and foster carers within Sandwell Children's Trust with particular focus in working with Children In Care.

Wendy enjoys hiking and a recent achievement of climbing Ben Nevis and the Swiss Alps inspired her to seek to offer similar empowerment to others; believing outdoor challenging experience provide opportunities to develop self-esteem, confidence and motivation to effect change.

Qualifications and Training

- * PCGE CYP IAPT Transformational Leadership (working towards)
- * Foundation Degree Integrative Counselling
- * Licensed Lay Reader Ministry
- * Acceptance and Commitment Therapy
- * Mental Health First Aid
- * Assist Suicide Prevention
- * Safeguarding Level 3 for Children and Young People
- * Brooke Sexual Behaviours Traffic Light
- * Trauma and the Body
- * Suicide and Self-Harm
- * Family Group Conference Facilitator
- * Family Links Nurturing Programme Parent Group Leader
- * Compassion Focused Therapy



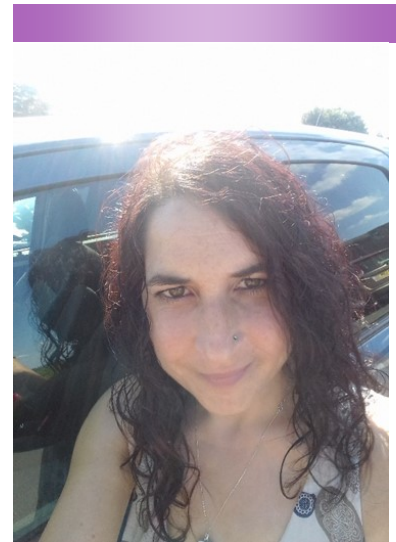
Rebecca (Bic) Mainstone

Company Director

Bic has extensive experience working with young people of all ages and in a variety of capacities. Initially qualified in Information, Advice and Guidance Bic was a programme co-ordinator within a training organisation that supported young people who were not in education, employment or training and delivered recognised qualifications, whilst supporting the young people to develop their personal and social skills and secure positive transitions upon programme completion. Bic then went on to qualify as a therapist and worked for a number of years as an Addictions counsellor in a rehabilitation centre before moving into a career working therapeutically with children and young people within the borough

of Sandwell.

More recent employment has included working with children in care and offering therapeutic interventions to young people residing in secure settings and young offender's institutes, alongside those who were subject to serving court orders within their local community. Bic also has a keen interest in both the outdoors and creative therapy and believes children and young people thrive within environments that allow them the time, space and freedom to explore and address their own needs, whilst developing their personal interests.



Qualifications and Training

- * Level 5 Diploma in Therapeutic Counselling
- * Animal Assisted Therapy Level 3 (working towards)
- * Acceptance and Commitment Therapy
- * Compassion Focused Therapy
- * Mental Health First Aid
- * Assist Suicide Prevention Training
- * Safeguarding Level 3 for Children and Young People
- * Brooke Sexual Behaviours Traffic Light training
- * Working with Dissociative Disorders in Clinical Practice
- * Compassion Focused Therapy
- * Mindfulness
- * Trauma and the Body
- * Working with Relational Trauma
- * Child Sexual Abuse: Hope for Healing
- * Suicide and Self-Harm
- * Working with Shame
- * CTLLS Level 4 Award in Education and Training
- * A1 Assessors Award
- * Level 4 Information, Advice and Guidance
- * Facilitating Group Therapy
- * Motivational Interviewing





Worzel—Animal Assisted Therapy Dog

The simple act of petting animals releases an automatic relaxation response.

Humans interacting with animals have found that petting the animal promoted the release of serotonin, prolactin and oxytocin- all hormones that can play a part in elevating moods.

AAT:

- Lowers anxiety and promotes relaxation.
- Provides comfort and soothing.
- Assists in the development of self-regulation skills.
- Increases mental stimulation.
- Offers unconditional love and acceptance.
- Can provide an escape or happy distraction.
- Can act as catalysts in the therapy process.
- May reduce the initial resistance that might accompany therapy.

Worzel is a registered PAT (Pets As Therapy) dog and has been working with children and young people in a therapeutic capacity for the last 3 years. He is a fully insured working dog and never fails to bring a smile to those he meets.

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