

Counselling and Therapy

CHILDREN

The-exchange specialises in providing psychological support to children [4-11 yrs] and their families. Our therapeutic interventions focus on helping children develop resources that they need in order to cope more effectively with adverse circumstances and life events and we use the same framework to support parents/guardians of the child. In this way, families can develop the skills they need to support one another and improve the overall resilience and psychological wellbeing of the family.

The-exchange has a team of experienced practitioners who specialise in providing psychological interventions to primary school children. Primary school counsellors are accredited by a governing body [usually BACP] and are skilled in creative interventions such as therapy, drama therapy, play therapy techniques and many more.

Most of our work takes place in Primary Schools. This is because the school offers a neutral and nurturing environment for child and parent. The school is a 'soft' setting for the child to meet with their counsellor. The school also forms an important part of the child's support system and is neutral ground for parents, teachers and counsellors to work together to support the child and family. If children or parents do not want to be seen in the Primary School then we can offer a space at our offices.

Children often show their feelings through their behaviour. The-exchange is committed to helping schools identify when there is an emotional need by recognising "bad behaviour" as a sign that the child is under resourced to be dealing with difficult feelings and adverse circumstances.

TEENAGERS

The exchange is equipped to provide a school with a complete service by offering tried and tested professional counselling protocols, accredited and insured practitioners, who have been Disclosure approved, bespoke IT systems with referral forms, feedback sheets and information leaflets.

We provide nominated counsellors for the school; with the main remit dedicated to providing one-to-one counselling, group-work with pupils, working with parents, supporting staff and publicising the service. Every young person who approaches the service (whether self-referral or referral by others) has an initial assessment meeting with the counsellor within 5 working days. During the initial screening session, the counsellor is assessing the client's situation, level of risk and the nature of their family/social support jointly with the person.

UNIVERSITY STUDENTS

Student issues reflect the move into adulthood, the move away from home, the greater independence which comes with student life. It brings opportunities for many and difficult struggles for some. A robust counselling service with the experience of supporting these young adults is essential. The service needs to be efficient and effective and managing waiting times judiciously. The-exchange has that experience and can provide the depth of support required for a student population.

FAMILIES AND SCHOOLS

Our counselling interventions focus on helping children develop resources that they need to cope with difficult circumstances and life events and we use the same framework to support parents/guardians of the child so that families can develop the skills they need to support one another and improve the overall resilience and psychological wellbeing of the family. The-exchange offers one to one and group support and this will depend on the needs of the child and family.

The exchange offers a variety of different interventions for parents that focus on themes such as:- attachment- conflict- parental separation