

SUTTON EDUCATION WELLBEING SERVICE MENU

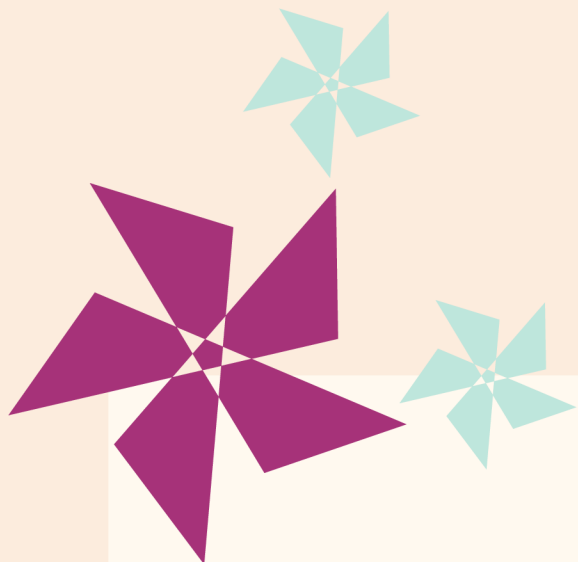
We are here to provide fully funded therapeutic support for children, young people, parents and school staff and to work systemically with school settings to improve whole school well-being.

OUR SERVICE

The Sutton Education Wellbeing Service is an early intervention service which adopts a whole-school approach. We tailor our service to the child/young person and their school and/or home environment to make sure that we can be as effective as possible.

OUR TEAM

We cover a range of mental health specialisations and collaborate within a multidisciplinary team consisting of a Clinical Psychologist, three Education Wellbeing Practitioners (EWPs), an assistant psychologist, a Dramatherapist, A CBT-therapist and two Art Psychotherapists. Together, we work together as a joint Cognus and NHS team.



GUIDED SELF-HELP

6-8 weekly one-to-one sessions with an Education Wellbeing Practitioner. These sessions are for parents of children with low to moderate/ emerging difficulties with anxiety or behaviour difficulties.



GROUP WORKSHOPS FOR STUDENTS

Managing Exam stress – strategies to manage anxiety during revision and exams (KS3, GCSE or A levels)

Becoming me – Focused on self-reflection and connection activities to improve mood

BRAVING – Understanding what helps to build positive relationships

Improving sleep – Understanding importance of sleep and how to improve habits

Keep It Moving – The importance of physical activity in improving mood and how to increase practice of this

Eating well feeling well – How nourishing your body can support your emotional wellbeing

Building resilience – What is resilience and what we can do to help us overcome challenges

TRAUMA- INFORMED WORKSHOPS

Workshops created for staff to fully understand the nature of trauma and how it can impact on the wellbeing and behaviour of students. How we support these young people is key and sessions will also consider how to work safely as practitioners.



TREE OF LIFE WORKSHOP

Tailored to groups: children, parents or staff, these narrative therapy workshops provide a space for individuals to speak about their lives in hopeful and resilient ways, reflecting on and exploring the past, and identifying strengths and hopes for the future.

EVERY CONVERSATION MATTERS WORKSHOP

This training offers support to all school staff in opening up conversations when there are concerns around students wellbeing or mental health and how this can then best be supported. This is a required session for schools adopting the whole-school approach.



EMDR

Eye Movement Desensitization and Reprocessing (EMDR) is a type of psychotherapy that helps people process traumatic memories and feelings. Research shows that EMDR can be effective in treating emotional trauma and other adverse life experiences.

CONVERSATIONS ON ANTI-BULLYING

An accessible, proactive space that advocates an anti-bullying perspective 'live' within schools and the community. Within this conversation are topics on defining individual experiences and building on current research, as well as reciprocating individual differences.

ADOLESCENT BRAIN WORKSHOPS

A supportive space in observing and working with the relationship between parent and child directly.

It facilitates connection in a creative and playful way between parent and child.

Both parent and child enhance their sensitivity and skills to help attune to each other's needs through reflection, engagement and within a safe space.



DRAMATHERAPY

Weekly 1:1 and group sessions targeted for early intervention, offering a safe space in which to express and explore using a variety of creative mediums.



COGNITIVE BEHAVIOURAL THERAPY (CBT)

What we think can influence how we feel and how we behave. CBT looks at how this works in your particular situation and helps you identify ways to make the changes you want in your life.



ART THERAPY

Weekly 1:1 or group sessions that play with visual art media – using this as a way of communicating or exploring the inner workings of the mind that cannot always be put into words. Previous experience or expertise in art is not a requirement.



KINTSUGI-INSPIRED GROUP

A group of 6 to 8 young people for 6 weekly sessions. Co-facilitated by the Art Therapist & Dramatherapist. This group is inspired by Japanese form of art, Kintsugi – involving the creating and repairing of pottery with ‘gold’.



CREATIVE ARTS THERAPY GROUPS

A combination of art and drama therapy tailored to accommodate specific themes, metaphor and narratives. Groups can range from 6 to 8 students with overlapping mental health presentations.



DEMYSTIFYING EXAM STRESS

This group supports students who seemingly struggle with exams and/or school, by uncovering/unmasking what is truly disorienting perceptions of exams and more importantly shining a light on the self.




THE MAGIC PLAN

A programme for young people providing an opportunity to develop skills in Motivation, Assertiveness, Goal Achievement, Intuition and Confident Communication. It is well suited to young people who may not be meeting their potential and may be disaffected, lack 'agency' or motivation.



REFLECTIVE GROUPS FOR STAFF

A creative space to 'refuel' and develop ideas, while contextualising current issues that provoke, inspire and challenge your mental health. Past topics that have been discussed during these sessions have included social justice, secondary trauma, play and self-regulation. Groups can run on a monthly, half-termly, or termly basis.

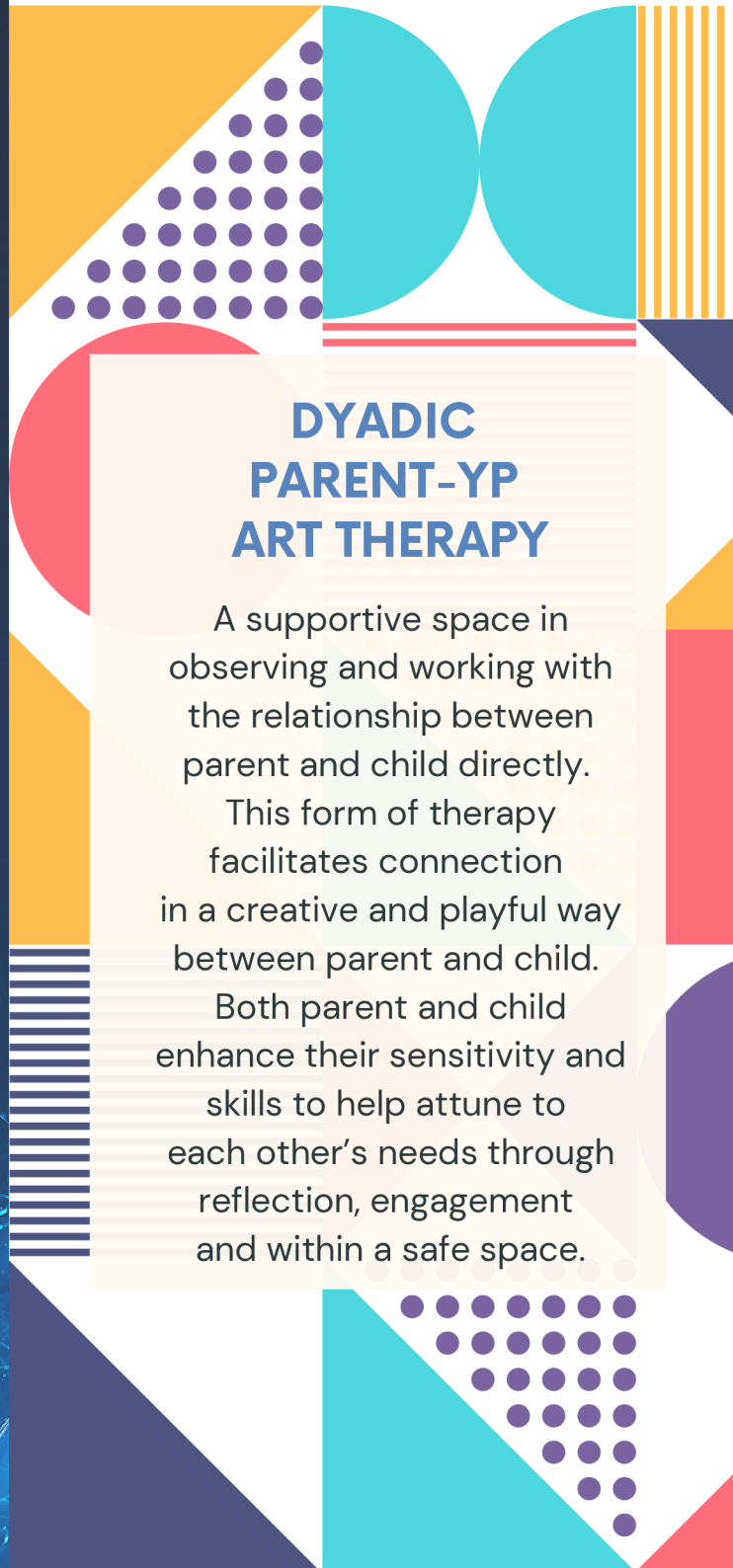


DYADIC PARENT-YP ART THERAPY

A supportive space in observing and working with the relationship between parent and child directly.

This form of therapy facilitates connection in a creative and playful way between parent and child.

Both parent and child enhance their sensitivity and skills to help attune to each other's needs through reflection, engagement and within a safe space.





STAFF TRAINING

We can provide training and workshops on a range of topics which impact mental health and emotional wellbeing including Domestic Violence, Self-harm, Anxiety, Bereavements and working with families.



DROP-IN SESSIONS

Drop-in sessions during allocated times and locations for staff, young people and parents to have a chat, de-brief or discuss any wellbeing or mental health concerns and take the next appropriate steps.



PARENT SUPPORT SERVICES

For parents who are worried about their young person's mood, feelings or behaviour or would like some support with parenting:

- Supporting your child with anxiety
- Emotionally based school absence (EBSA)
- Improving communication with your teen

MHST MENU

SERVICES	PARENT	STAFF	STUDENTS
Guided Self-Help			●
YP Group Workshops			●
Trauma-informed Workshop		●	
Tree of Life Workshop	●	●	●
Every Conversation Matters		●	
Conversations on Anti-bullying	●	●	●
Adolescent Brain Workshop	●	●	●
EMDR			●
Dramatherapy			●
Art Therapy			●
Creative Arts Group			●
Kintsugi-Inspired Group			●
Cognitive Behavioural Therapy			●
Demystifying Exam Stress Group			●
The Magic Plan			●
Reflective Groups for Staff	●		●
Dyadic Art Therapy	●		●
Drop-in Sessions	●	●	●