



# OUTREACH & THERAPEUTIC SERVICES

## OUTREACH

Including 1:1 support, group work, whole class, transition support and Protective Behaviours.

We also offer staff training covering a range of topics.

## ELSA

Emotional Literacy Support Assistants are specially trained staff that can support children's emotional development.

They can support with a range of issues including loss and bereavement (6 weeks), self-esteem, social skills, relationships and conflict (8 weeks).



## DRAWING & TALKING



A therapeutic approach offered before counselling, children are encouraged to draw and begin to process emotions they are holding internally.

Sessions last for 30 minutes and take place weekly over 12 sessions for 1:1 and over 6 sessions for groups.

## SANDY SOULS

A therapeutic approach where a child expresses their understanding of themselves, their world and their reality. The scenes created in a sand tray with figurines, can reflect the child's inner thoughts, feelings and hardships.



Sessions take place weekly over 6 weeks and last for 30 minutes.

## COUNSELLING FOR PARENTS

A free service available to parents of children attending DESC or receiving support via the Outreach team.

Sessions are needs led and not time limited.

## CBT

Cognitive Behaviour Therapy works by linking the way you think (Cognitive) with what you do (Behaviour) and how you feel (Therapy).



Delivered as a block of 10 sessions.

## COUNSELLING FOR CHILDREN & YOUNG PEOPLE



Counselling is delivered in school by a British Association of Counselling and Psychotherapist (BACP) qualified counsellor. This services allows Dacorum schools to access affordable, high quality, responsive counselling.

Schools are able to purchase sessions on a weekly basis, removing the need to buy a term in advance. DESC quality assure the service by working within the BACP ethical framework, gathering monthly data to evidence impact and providing clinical supervision for all counsellors.