



**MA Dance Movement Psychotherapist (DMP) registered under The Association of Dance Movement Psychotherapy. BA (Hons) in Special Educational Needs and Disabilities.**

I am a creative psychotherapist who uses **elements of play, art, crafts, movement, music etc** to support individuals in exploring mental health, understanding emotions, discovering regulation techniques, building self-confidence/acceptance, whilst feeling accepted and welcome within the space. Within my work, my aim is to provide a safe space for individuals to explore their own needs, interests, emotions and to support self-discovery.

I have previously supported children with a range of mental health and SEND needs including (but not limited to):

- Understanding diagnosis and gaining acceptance of SEND (including ASD, ADHD, Down Syndrome, Speech Language and Communication Needs etc).
- Supporting attachment disorders and developmental delay.
- Supporting individuals with selective mutism or who are non-verbal.
- Post adoption/children in care.
- Childhood anxiety, bullying, school avoidance etc.
- Understanding own emotions and regulation techniques.
- Understanding self, gaining self-confidence, self-belief, acceptance of experiences etc.

Within my sessions, I am **extremely adaptable to allow them to be client-led (commonly taking a humanistic approach)**. I like to take this approach so that clients can use the space to explore what they feel is necessary at that specific time and to support their needs effectively. I like to incorporate individual interests and preferences within sessions and intervention used will be adapted to match/include these interests. This enables a welcoming setting to be provided, whilst allowing me to build effective relationships and a strong understanding of my clients. Within previous work I have been recognised as reliable, caring, approachable and comforting.



I trained as a psychotherapist after seeing the benefits that creativity and the arts can have when supporting mental health and individuals with SEND. I'm able to see how creativity provides a pathway and connection for individuals to discover, explore and understand themselves whilst supporting their relationships, communication and confidence around others. Therefore, I decided to train and provide creative psychotherapy to support individuals that may require an alternative way to address or explore their needs, including individuals that may find it difficult/face barriers to verbalising or identifying areas in which they need support.

The main aims of my sessions are to support what a client feels is important to them and make them feel seen, accepted and have a space to be open and themselves.