

Supporting: Therapeutically

Coventry EPS

Psychology for You

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Supporting Therapeutically

Our EPs offer a varied range of **therapeutic assessment and interventions**. Drawing on our knowledge of narrative therapies, hypnotherapy, cognitive behavioural therapies and beyond, we offer bespoke therapeutic support for children and young people both individually and in small groups. Below are just a few examples of what is available:

Identity and Personal Exploration

Our EPs can use therapeutic methods to help young people develop a better understanding of themselves and their world. This can help young people with self exploration and confidence building as well as helping adults to see life through the lens of the child and developing a greater understanding of their needs.

Supporting Change

Supporting behavioural change in young people can be challenging and at times frustrating. For behaviour change to be successful, individuals must be motivated to change. For example, Motivational Interviewing helps identify where a young person is in the 'Cycle of Change' so that effective interventions can be planned.

Therapeutic Group Work

EPs can offer targeted group work for children experiencing difficulties in emotional regulation, stress and anxiety and low self-image. Over a number of sessions EPs work collaboratively with school staff to deliver therapeutic group work applying story metaphors and strength-based approaches to achieving