

DESC OUTREACH & THERAPEUTIC SERVICES

OUTREACH

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

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, self-esteem, social skills, relationships and conflict.

THERAPEUTIC SUPPORT

Available in-reach to the children attending the Haven, the use of a reading dog is promoted to improve literacy, reduce anxiety and raise confidence.

Parent/carers are also offered group or 1:1 solution focused support to enable the best outcomes for their child.

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.

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.

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 service increases access for Dacorum schools to affordable, high quality, responsive therapeutic services. 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.