



Secure Attachments – Robust Learners- Building Futures

Your Space Therapies Limited
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Emma Connor and Suzanne Ryan
Company Directors

Your Space Therapies provides counselling, play therapy and psychotherapy to approximately 90 primary, secondary and SEND Schools and Academies across Sussex, Surrey and Hampshire. Your Space Therapies works in partnership with West Sussex Young Carers, Social Care Services, The Adoption Support Fund and Early Help amongst others.

What makes Your Space Therapies unique is that as well as sessions with children, our therapists work holistically with the team around the child to support in understanding children's mental health and develop strategies to create therapeutic school approaches in order for children to be content, lifelong learners.

All our therapists are qualified to work with children using an integrative arts and play therapy model.

We do hope our services can support you, your colleagues and the families and young people you work with. Please do get in touch with any questions and we are happy to help.



Testimonials

"We want to celebrate the partnership between West Sussex Young Carers Service and Your Space Therapies who are finalists in the national Children and Young

People Now awards 2020 for the fantastic work they did together to quickly, efficiently and safely move the delivery of counselling and therapy to young carers online during the pandemic (which would usually take place face to face in schools).

This is a fantastic achievement! We would like to congratulate both services for this nomination, all their creative hard work supporting young carers emotional needs during the pandemic.” (West Sussex County Council)

Testimonials from SENDCOs:

“I have just taken part in an online course and it was BRILLIANT! I would 100% recommend Your Space Therapies and don’t let the online aspect put you off. It was so informative and I picked up lots of tips. You won’t be disappointed”

“This is the best CPD we have ever had”

“Your Space Therapies is the best outside agency we work with. The therapists have been so supportive to school staff and the work they have done has been invaluable to the children and school community”

Contact details:

Head of Service

Tel: 01903 209991

Email: info@yourspacetherapies.org

www.yourspacetherapies.org

Facebook: Your Space Therapies



Your Space Therapies Services:

Psychotherapy and Counselling Service

There are two ways to buy in therapeutic work:

Option 1: Sessional work

The school/commissioner buys in a set number of sessions (minimum 12) for a particular child. The referral is sent directly to the service manager by email and assessed prior to work commencing to ensure the time frame suggested for therapy is appropriate for the case.

Cost: £45 per session plus VAT.

Option 2: Contracted work

The school signs a service schedule with Your Space Therapies buying in a minimum of 2 hours per week. This ensures the same therapist on the same day every week and the referrals go directly between the key school staff member and the therapist. You have a member of Your Space Therapies management team overseeing the contract who can support you with any queries you have. Your Space Therapies invoices termly in advance and service schedules can be cancelled with a terms notice.

Cost: £30 per hour plus VAT

Example per term/ per annum for contracted work (costs below not inclusive of VAT which will be added):

No. of hours p/w.	Cost per term	Cost per annum
2	£780	£2340
3	£1170	£3510
4	£1560	£4680
6	£2340	£7020
8	£3120	£9360

There is more information about the Your Space Therapies service at [Your Space Therapies Services \(www.yourspacetherapies.org\)](http://www.yourspacetherapies.org)

We are offering a number of child mental health conferences via Zoom this term- flyer attached. If you would like to take up a contract with us, I can happily give you two complimentary tickets to any conferences of your choice from the flyer.



Training, Professional Development and Consultancy

Your Space Therapies training can be tailored to meet your establishments needs; we offer training at an hourly rate, and at flexible times including inset days and twilight sessions. We will deliver the training at your school, online or at a location of your choice.

Please contact us at info@yourspacetherapies.org and we can offer you the best package to meet your requirements and budget.

Popular courses are:

- Strategy Toolbox for Good Mental Health in School

- Rupture and Repair After COVID-19 or a Life Affecting Crisis
- Emotional Recovery Kit
- Therapeutic Storytelling
- Supporting School Staff Mental Health and Resilience
- Helping Adolescents in Crisis
- Understanding Attachment Disorders and How to Help

More information regarding our upcoming events are detailed on the flyer attached.

Costs for training for 2 hours (course can be any length of time for training) are:

£280 VAT for up to 20 delegates

£250 plus VAT for up to 50 delegates

£280 plus VAT for up to 70 delegates

Larger audiences can also be provided for, please contact us to discuss costs.



Consultancy

Consultancy packages can be bought in at £300 plus VAT for 6 sessions, or £58 plus VAT for one session.

Consultancy can include observations, reports for onwards referral, support and therapeutic strategies for school staff, parents and carers. Packages are tailored to meet individual need.

We also provide one-to-one consultancy for parent and carers.



Parent Helpline and Parenting Courses

The parent helpline is manned by a child psychotherapist or counsellor ready to provide a listening ear, empathy, signposting and supporting therapeutic strategies for parents and carers. Access to the helpline can be bought in by schools for a minimum of one hour per week, at a time of their choice.

1-hour costs £30 per hour plus VAT.

Boost the Bond- For the BEST Relationship with your child- our popular parenting course.

Course description (2 hours long online or in person):

Your Space Therapies are pleased to offer a unique and down-to-earth course for parents and carers providing practical ways to have the best relationship with their children.

The course offers an overview of child and adolescent emotional brain development, practical strategies and theraplay games to develop and maintain strong parent-child emotional bonds. Parents will learn about managing children's anxiety, challenging behaviours, sleep issues, boundaries and more.

This can be provided live for the following costs:

- £280 VAT for up to 20 delegates
- £250 plus VAT for up to 50 delegates
- £280 plus VAT for up to 70 delegates
- Larger audiences can also be provided for, please contact us to discuss costs.

This is also an online training accessible via Vimeo link. Schools or organisations can buy this training in per school for a number of weeks with unlimited viewing, the costs are as follows:

- £250 plus VAT for 1 week access
- £500 plus VAT for 2 weeks access
- £1000 plus VAT for 1 month access

Q and A sessions can be provided as a follow-up to the online event. Prices can be negotiated for multiple schools looking to buy this in, please contact us for further discussion.

