

# Child, Adolescent and Family Therapy at Creating Calm

## Information for Parents and Carers



I understand that there is a lot of information here, so to help you find what you need, I have organized everything into five main sections:

1. Child and adolescent therapy and counselling
2. Supporting you as a parent or carer and as a family
3. Session information – all the administrative details
4. Clinical assessments – information and how to book
5. About me and Orca

### 1. What is Child and Adolescent Therapy & Counselling?

At Creating Calm, I provide therapy and counselling that is person-centred, integrative, and holistic. I draw on many different techniques that allow me to put your child or teen and your family at the centre of everything we do together. My approach can work alongside other support your child may receive from schools or their general practitioner.

#### Who Does It Help?

- I work with clients of all ages and unique needs.
- I have found that counselling tends to work best with pre-teens, teenagers, and adults who prefer a more conversational approach. However, I often blend both therapy and counselling methods to provide the best support for each client and their family.

#### Client-Led Approach

Your child will have the freedom to decide how to navigate our sessions. Depending on our discussions, this might involve working one-on-one with your child, including you as a parent or caregiver, or focusing on key adults in your child's life.

#### Creative Arts and Play Therapy

Many children spend a significant amount of time engaging in Creative Arts and Play Therapy with me. This includes drawing, painting, playing with clay, and creating with sand trays as well as other ways of playing together. Play Therapy is essential because it supports children's physical, emotional, and social development.

Play allows children to express their imaginations, build confidence, and develop concentration. They can communicate worries through play when they might struggle to find the right words. This method provides a safe environment for children to share as much or as little as they want.

## Benefits of Therapy and Counselling

Through our sessions, I aim to help children:

- understand relationships
- experience and identify emotions
- act out challenging situations
- practice different roles
- explore personal issues
- learn, relax, and have fun
- develop physical skills
- discover their identities

Sessions provide your child with the opportunity to acknowledge their feelings, learning that it's okay to feel and developing strategies to cope with difficult emotions in a safe and constructive way.

## Therapy Guidelines

To ensure a safe environment during our time together, I adhere to a few essential rules:

- Everyone in the room is safe.
- Everything in the room is safe.
- You can choose to share anything about therapy with others, as long as it is the truth.

## Materials Provided in Sessions

In each session, where relevant, I provide various tools and activities, including:

- a sand tray with dry sand (children can add water if they wish)
- symbols for storytelling in the sand
- clay (usually grey and red)
- art supplies (paints, glue, glitter, collage materials)
- small world figures (people, animals, vehicles, and houses)
- music and movement equipment (including instruments)
- creative activities and games
- dolls and caring tools
- medical equipment for role play

Please keep in mind that your child might get a little messy during sessions. I have aprons available, but wearing one is not mandatory.

## Other Types of Therapy offered at Creating Calm

- **SandStory Therapy:** This creative approach helps children, teens, or adults share their stories in the sand in a gentle and unique way, facilitating dialogues between their conscious thoughts and unconscious feelings.
- **TraumaPlay:** This method is beneficial for children dealing with trauma, anxiety, or anger management. It helps them develop specific skills and techniques that can assist them, regardless of the nature of their experiences.
- **Children's Accelerated Trauma Training (CATT):** This integrative, trauma-focused therapy is designed for children, teens, and young people with PTSD or complex trauma. It combines creative arts therapies with cognitive behavioural therapy (CBT) and complies with NICE and WHO guidelines.

The interventions I provide are suitable for children and young people aged 7 and above, though Creative Arts and Play Therapy can be adapted for younger children.

## **2. Supporting You as a Parent or Carer and as a Family**

I provide various approaches to help parents, carers, and families strengthen their relationships and navigate challenges together:

### **Parent-Child Attachment Play (PCAP)**

Developed by Debi Maskell-Graham, PCAP is a playful ten-step model that empowers parents and carers to become agents of change within their families. This approach helps you build stronger relationships with your children and enjoy quality time together, no matter where you are. PCAP sessions focus on enhancing your skills in playful interaction, emotional containment, and reflective functioning. The aim is to create a weekly 'you and me' time with your child at home. These sessions involve only adults and me—your child will not attend.

### **Parents as Partners**

This aspect of the TraumaPlay approach focuses on parents. It examines different parenting styles and provides insights on how to support positive family dynamics. Sessions are designed for adults and can complement separate therapy sessions for children and teens. While these sessions often take place alongside child or teen therapy, they can also stand alone for adults wanting to reflect on their parenting. Like PCAP, these sessions include only the adults and me.

### **Filial Therapy**

Filial Therapy teaches parents and caregivers valuable skills to strengthen their relationships with their children and teens. I will coach you on essential therapeutic skills like empathetic listening and setting limits. This training will help you enjoy more positive and fulfilling interactions with your child. Sessions can focus exclusively on adults or include both adults and children.

### **Non-Violent Resistance (NVR)**

NVR is designed for parents and carers who find it challenging to manage their child's behaviour. This approach helps create a safer, more emotionally aware family environment. I'll guide you in responding effectively to aggressive, violent, self-destructive, or controlling behaviours, helping you feel more confident and empowered without engaging in power struggles. Like the other approaches, NVR sessions are for adults only, with no children present.

These methods can support children and teens from various family structures, including blended families, foster families, adoptive families, and those in kinship care. NVR can also be beneficial for professionals working with families.

### 3. Session Information

#### How Does Therapy Work?

**Intake and planning phase:** After our initial chat over the phone or via Zoom we will start your sessions with an intake phase. This will involve you coming to the Studio to meet me and Orca and will be an opportunity for you to tell me everything you need to about what is going on for your family and share some background information too. Usually this takes one session, but may sometimes need another session, depending on the complexity of what is being discussed. I'll also explain about the two play sessions that come next. Our next two sessions will be a family session where you all get to come to the Studio and spend some time together and we will get a time to chat about everything too. By the end of the third session, we will have planned how best to support you all as a family or as individuals.

**Weekly sessions:** these will follow the plan we have made together at intake.

**Mid-point review:** If we are following an individual plan, session 12 will be a review session with key adults. One of the things we will do is review therapy so far and decide if we are concluding at 20 sessions or continuing on for a while. This will take place during the normal session time. (This is not relevant if we are doing family therapy.)

**Ending phase:** For an individual plan with children or teens, we will finish with an ending session that is planned with the client. The following session, which will be the last one, is an ending meeting with the key adults, talking about the therapy and thinking about next steps. This adult session is an optional session. For family therapy we will end as decided in the individual family plan.

#### General session information

Each weekly therapy session lasts 40 minutes. Please park on the driveway and avoid arriving more than 5 minutes early.

If you're not in the session with your child, you can wait in my 'Coffee Cupboard,' a comfortable garden building next to the studio that offers drinks, Wi-Fi, and comfy chairs. If the weather is nice, you can also relax in the courtyard garden. Please ensure if you go into town that you're back in good time to pick up your child, as they may need to finish a little earlier sometimes.

Therapy can evoke strong emotions, and it's common for a child's behaviour to temporarily worsen as they process their feelings. If you have concerns or something important to share, feel free to send me an email. For urgent matters, please text me, as I might not check emails during my workday. It's best to avoid pressuring your child about what happens in sessions. Allow them to share what they want at their own pace.

I will keep our one-on-one sessions with your child confidential but during the review I can provide some insights into themes and observations, and your child can choose to join this discussion. If there's ever a safeguarding concern, I will address it immediately.

## Scheduling Sessions

I try my best to offer convenient session times, but I may not always have availability for your preferred day and time, so I appreciate your flexibility. If a session time doesn't work for you, starting with an available time can still be beneficial and we can move to a better session time when we can. I typically work during school terms and take most of the school holidays as leave. I will give you advance notice of my schedule. Expect to receive a monthly update with important information, so please keep an eye out for it.

If you need to move a session you can simply book into one of my ad hoc sessions in my online diary and ask me to cancel your routine session for that week. If you are ever stuck getting here or your child is off school, we can always Zoom for that week.

## Costs and Payment

Initially we'll contract for 20 weekly sessions. The cost per session is £75, payable at the beginning of each session using a card through Zettle. This means the total for the initial 20 sessions is £1,500, but you do not need to pay this all at once. I do not currently offer concessions. You'll also find my cancellation policy in the contract you sign.

If you need to contact me between sessions, feel free to email; I will reply as soon as I can.

**For urgent matters, please text or WhatsApp me on 07512 749504.**

You can book all calls and meetings outside of sessions through my online diary system called SetMore. This allows you to schedule introductory calls, hello sessions, and reviews at your convenience. You can find my online diary here: [SetMore Booking](#).

Additionally, I have some short videos on my website that answer frequently asked questions. Feel free to check them out. If you have more questions, I'm always happy to help via chat or email. You can watch the videos here: [You Ask](#).

## 4. [Clinical Assessments](#)

I know that many parents and teachers are eager to access standardised clinical assessments. Unfortunately, delays in availability can often prevent children and teens from getting the support they need. To address this, I'm offering clinical assessments to parents and local schools, in addition to my clinical work and staff training.

**Booking Link:** [Creating Calm Booking](#)

The assessments I provide are also currently used by the NHS. For more details and pricing, please visit my website: [creatingcalm.co.uk/assessment](https://creatingcalm.co.uk/assessment). It's important to read all the information before making a booking. Feel free to share this with other parents who might need support; these assessments are available to everyone, not just current clients.

## Available Clinical Assessments

### Sensory Profile

- **Age Range:** Up to 14 years and 11 months
- **Description:** This assessment evaluates a child's sensory processing patterns in everyday situations. It helps identify how sensory processing can affect their ability to participate in activities. For school-aged children, input from the school is necessary for an accurate assessment.

### Beck Youth Inventories (BYI-2)

- **Age Range:** 7 to 18 years
- **Description:** These assessments check for symptoms of depression, anxiety, anger, disruptive behaviour, and self-concept in children and adolescents.

### Resiliency Scales (RSCA)

- **Age Range:** 9 to 18 years
- **Description:** The RSCA measures personal resilience in three key areas: sense of mastery, sense of relatedness, and emotional reactivity. It can identify children who may have low resources or high vulnerability before symptoms appear. The RSCA can be used alone or in combination with the BYI-2.

### Conners 4

- **Age Range:** 6 to 18 years
- **Description:** This leading assessment for ADHD evaluates symptoms and challenges associated with ADHD and common co-occurring issues.

### Social and Emotional Learning (SSIS SEL)

- **Age Range:** 3 to 18 years for assessment; 4 to 14 years for the intervention program
- **Description:** This evidence-based tool assesses and teaches skills in five areas of social and emotional learning: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

To book a clinical assessment or to see the associated costs and sample reports, please visit my website: [creatingcalm.co.uk/assessment](https://creatingcalm.co.uk/assessment) and schedule your pre-assessment discussion.

Please ensure that you have read all the information on the website before booking any sessions. If you have further questions about my services, you can find more information on my website: [creatingcalm.co.uk](https://creatingcalm.co.uk).

You're also welcome to email me with any questions - just include 'Assessment Query' in the subject line of your message.

## 5. [About Elaine \(and Orca\)](#)

### About Elaine

My name is Elaine Hutchinson, and I have over 30 years of experience working with children and their families. I am a trauma-informed child and adolescent psychotherapist. If it matters to your family, I want you to know that I am a straight ally and welcome everyone into my studio.

My practice is integrative and holistic, grounded in several modalities, particularly client-centred creative therapy which is based in Rogerian and gestalt ways of working, along with many other approaches. I've completed extensive training in these areas, shaping the way I work with clients.

Before becoming a therapist, I was a teacher specializing in Special Educational Needs and Disability (SEND). I have experience in various educational settings, including mainstream primary and secondary schools, alternative provisions, pupil referral units, and even as a medical tutor.

I also provide creative clinical supervision from my studio in Wells, offering both individual and group supervision for professionals and parents. I supervise and train therapists and mental health practitioners here in the UK and internationally.

Currently, I am completing my Doctorate at Exeter University, where I'm also a Post Graduate Researcher. My research focuses on topics such as companion art in therapy, reflexivity in clinical work, and the therapeutic process when it feels stuck. My thesis addresses countertransference, companion art, response art, and the role of art in clinical practice, supervision, and research. Additionally, I have a personal interest in neuropsychology, which is an important part of my work. If you'd like to know more about my research or interests, please feel free to ask—I'm always happy to share!

#### **My background training includes:**

- Play and Creative Arts Therapy
- Counselling for Children and Young People
- Children's Accelerated Trauma Technique (CATT)
- Mentalization-Based Treatment for Children (MBT-C)
- Parent-Child Attachment Play (PCAP)
- Psychodynamic Psychotherapy (part of my Doctorate)
- TraumaPlay
- Filial Therapy (Gurney Model)
- SandStory Therapy
- Non-Violent Resistance (NVR)
- Neuro-Dramatic Play (NDP)
- Emotional Logic Coaching
- Lego Serious Play
- AutPlay Therapy

#### **My client, parent, and supervision practices are informed by:**

- Art Therapy
- Internal Family Systems (IFS)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Animal Assisted Play Therapy (AAPT)
- Transactional Analysis (TA)
- Gestalt Therapy
- Emotional Freedom Technique (EFT)

## About Orca

Orca is my therapy dog, and she joins me in the studio. Research supports the benefits of animal-assisted therapy (AAT), showing that having a dog present can enhance the therapeutic experience - sometimes even if the dog is just relaxing in the corner. When working with children, Orca always meets them first, and I'll guide them on how to best interact with her.

Orca is a mix of a collie and a miniature poodle, and she's often described as looking like a little black rug. She loves people and her favourite treat is cheese. Orca enjoys playing with bubbles, chasing balls, and getting lots of chin scratches. We look forward to welcoming you into the Studio.

If your child has a fear of dogs or is allergic, I must let you know that I may not be the right fit for you. While Orca is half poodle, I cannot guarantee she is a completely hypoallergenic dog.

## Contact Information:

- **Email:** [hello@creatingcalm.co.uk](mailto:hello@creatingcalm.co.uk)
- **Mobile:** 07512 749504
- **Office Number:** 01749 599066

## Finding Us

I will provide directions separately, but for your convenience, the Studio is located at:

**7 Welsford Close,  
Wells, BA5 2JE**

Please park on my driveway when you arrive, even if you are just dropping off. This helps keep my neighbours happy. **I kindly ask that you arrive no more than 5 minutes before your session or meeting.** Confidentiality is important to many clients, and this timing helps maintain privacy while allowing me to prepare for your child's session. Thank you for your understanding!

