



Therapy



Welcome to the Therapy Page of Northmead's Newsletter. My name is Mrs Jeffrey and I am the **Therapy Lead Teacher** at our school. In this role I offer five sessions of **Play and Creative Arts Therapy** to Northmead pupils each week, ensure **visiting therapists** are suitably qualified and follow GDPR guidelines and liaise with **Mane Chance Sanctuary**, our local horse sanctuary which provides therapy based programmes to local school children, including Northmead pupils.



Because children are comfortable with play and express themselves more fully and more directly through self-initiated spontaneous play than they do verbally, play therapy is a highly effective therapeutic intervention for children who are experiencing emotional difficulties and require a safe space to explore their feelings.

After a period of play therapy, children may:

- Feel less aggressive or anxious
- Feel calmer and psychologically stronger
- Have an increased feeling that everything is well in their world
- Experience a deeper sense of well-being
- Feel safer in the world
- Feel the world has meaning
- Have an immune system which works better
- Be more able to learn at school
- Demonstrate improved problem solving and prosocial behaviours such as helping, sharing, giving, co-operating, and volunteering



Mane Chance Sanctuary is based in Compton and offers a forever home to around 40 unwanted, maltreated and abandoned horses. The Sanctuary also offers support sessions for school children and young people in a therapeutic environment with the horses. Sessions revolve around the notion of self-kindness and calm. Participants work alongside the horses (and other animals) to reinforce how to be less critical, angry and anxious but more confident, calm and respectful of self – and others. This year several Northmead pupils have attended the Sanctuary for 1:1 or small group support sessions. Additionally, a group of 9 pupils took part in the Sanctuary's 12- week Chance2Be programme: a mindfulness-based programme using the human-horse connection to reinforce the teaching.



We have a visiting art therapist at Northmead who offers sessions to some of our pupils. Art therapy is a form of psychotherapy that uses art media as its primary mode of expression and communication. Within this context, art is not used as diagnostic tool but as a medium to address emotional issues which may be confusing and distressing.