

Therapeutic Schooling

Our therapeutic services are dedicated to supporting schools in promoting the wellbeing and attainment of vulnerable children. Our team is made up of experienced professionals with expertise in counselling, speech and language therapy, family support work and specialist work with children and families with complex needs.



"The best thing about working with North East Wellbeing is being part of a very dedicated and positive team who are committed to making a difference to the children and families in our area." Dr Toby Quibell

Our services



Trauma work

We offer specialist short-term support for children who have experienced trauma. Our skilled practitioners are qualified in Eye Movement Therapies (EMDR) and Cognitive Behavioural Therapies (CBT). We can work in tandem with existing counselling programmes to benefit hard-to-reach children.



Family solutions

Everybody knows that children can struggle with school because of what goes on at home. A little skilful support at the right time can dramatically increase the quality of life for mum, dad, child and teacher. We can focus on navigation of housing/benefits systems, behavioural support in the home, or issues outside school that impact on behaviour in school.



Speech and language therapy

Language skills underpin positive attainment. Our Speech and Language Therapists focus particularly on the link between pragmatic vocabulary and behaviour, delivering measurable outcomes. This can support both children with English as an Additional Language (EAL) and children who need support with social skills to improve their outcomes in school.



Positive attachments

Our team have specialist skills in nurture work with individuals and groups. The network of attachments that give children a secure base can be restored through careful and sensitive work, helping to address connection-seeking and challenging behaviours, particularly in the early years.



Support for looked-after and adopted children

We have extensive experience and insight into the needs and challenges facing looked-after, fostered and adopted children and their carers, families and teachers. We offer a range of strategies for setting boundaries for behaviour and managing emotional needs, promoting successful placements and positive outcomes in school.



Support for children with autism

Children with autism can struggle with many aspects of the school day. We offer insight and practical solutions to help include children on the autism spectrum in all aspects of the school day and to support parents and teachers to manage challenging situations.

Meet our counsellors

Lillian Moore

BA (Hons), MBACP (accred.), EMDR UK.

Lillian is a qualified Counsellor and Psychotherapist with 40 years of training and experience and has been working with North East Wellbeing in primary schools in Darlington for over five years. Lillian has also worked extensively with children and adolescents with more challenging needs. She is able to offer a range of integrative professional counselling therapies designed to suit the needs of children and families, including EMDR trauma therapy, stress and anxiety counselling and support for bereavement and loss.



Stacey Goodwin

BA (Hons) in Therapeutic Counselling, Registered Member of the British Association of Counsellors and Psychotherapists.

Stacey is a qualified and experienced counsellor and has been based in schools for five years. She counsels children on a one-to-one basis using a non-directive integrative model that blends psychoanalysis and person-centred theory, also using cognitive behavioural techniques if they are helpful for individual children's needs. Stacey has experience in delivering group therapy, running a playtime listening service, supporting teachers and parents, and delivering training to teaching assistants.



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North East Wellbeing is a registered charity (No. 1154255) working in the schools of North East England.

We also run **Wilderness Schooling**
www.wilderness-schooling.org.uk

Contact us to discuss how we can support your school

Call us on **07799 060323**

email director@northeastwellbeing.co.uk

www.northeastwellbeing.co.uk