

*Transforming young lives  
creating new futures*



# Terapia Schools Service

## ‘Whole School Approach’ Project

### Improving Well-being within the School Community

Terapia is a charity experienced in offering a wide range of specialist mental health and well-being services in schools, tailored to the needs of each school community.

Our ‘Whole School Approach’ **funded project** will provide holistic therapeutic services to the entire community of five schools in the London Borough of Barnet; striving to transform mental health ethos and promote a sustainable improvement to well-being, empowering teaching professionals and students of all ages.

We will provide counselling, psychotherapy and groupwork to students, teachers and parents/carers. Children, young people and families can also be referred to our local, purpose-built Terapia Centre for specialist therapeutic interventions as part of this unique project.

**Act now** to secure these services for your school community...

Qualified Child and Adolescent Psychotherapist

Trainee Child and Adolescent Psychotherapist Volunteers

#### Whole School Approach

**Students:**

- 1:1 Therapy Sessions
- School Assemblies
- Group Programmes

**Teachers/School Staff:**

- 1:1 Counselling
- Professional Supervision
- Training Workshops
- SLT Service Updates
- Referral Guidance

**Parents/Carers and Families:**

- Drop-in Advice Sessions
- Network Meetings



Improving School Community Mental Health and Well-Being

Terapia's 'Whole School Approach' funded project, triangulates children and young people's environments to provide a holistic approach to supporting mental health.

## Freeing your Teachers to Teach

## Benefits to Students

- Timely access to onsite counselling and psychotherapy
- A non-stigmatising service
- Improved well-being and self-confidence
- Reduction of anger and reactivity
- Enhanced capacity to study and learn
- Increase in positive peer relationships
- Support to access CAMHS and specialist services

## Benefits to Teachers

- Fewer behaviour difficulties in class
- Less time wasted in lessons managing off-task behaviour
- Strategies for de-escalating challenging situations
- Increased awareness and understanding of children's behaviour
- Staff wellbeing is supported by a reduction in classroom stress
- Expert advice on responding to young people in distress
- Counselling support for overwhelming feelings and work-related stress
- An empowered staff team

## Benefits to Parents/Carers

- Better equipped to support children's learning
- Improved engagement with school
- Help to manage difficult behaviour at home
- Awareness of parenting strategies
- Opportunity to build support networks
- More open to access family support services

---

## Schools already benefiting from Terapia's Schools Service say:

"As a school we have nothing but praise for Terapia. Their work with some of our most vulnerable children has been invaluable. They have made a great difference in the children's outlook on life and have encouraged in them a greater positivity and resilience."

(Headteacher, Primary School - Finchley)

"The Terapia trainee has started his work and is brilliant. He is excellent at communicating and we initially spent time together talking about the children's needs which was brilliant."

(Assistant Headteacher and Pastoral Lead, Secondary School - Hendon)

This is your opportunity to benefit your school community by engaging with Terapia’s Schools Service for a significantly reduced fee, subsidised by John Lyon’s Charity. See table below for a breakdown of applicable fees for the full duration of this comprehensive three-year project.

School’s Service Fees	1st Year: Jan – Dec 2021	2nd Year: Jan – Dec 2022	3rd Year: Jan – Dec 2023
per term	<b>£300</b> (+£500 one-off resources fee)	<b>£700</b>	<b>£1,000</b>
<b>TOTAL</b> per annum	<b>£1,400</b> (equivalent to approx. 1/1.5x Pupil Premium Funding -PP£)	<b>£2,100</b> (2xPP£)	<b>£3,000</b> (2.5/3x PP£)

N.B. A full service, usually costing £27,000 per annum, will be delivered in each of the 3 years of the project.

## A Word from Terapia’s CEO Bozena Merrick



Terapia has been training professional Child and Adolescent Counsellors and Psychotherapists for over 18 years.

We have therapeutic expertise and experience working with multiple agencies and linking education, mental health and social services to make a lasting difference for children and young people of all ages.

Our team of practitioners undertake transformative work with children and young people in schools increasing their self-confidence and well-being and enabling them to achieve their academic potential.

Investing in Terapia’s services we hope you will trust that the students, staff and parents/carers at your school will be fully supported by Terapia’s specially trained practitioners, with the best therapeutic skills and utmost professional and personal integrity.

If you are interested in exploring the benefits of a Terapia’s therapeutic services in your school, we would be happy to hear from you.

---

## Contact Us

For more information on participating with Terapia’s ‘Whole School Approach’ funded project, please contact Pamela at Terapia on 020 8201 6101 or email: [pamela@terapia.co.uk](mailto:pamela@terapia.co.uk)