



Little Heath School Parent/Carers Presentation 10/10/2024

**KATE ADAMS
DEPUTY CLINICAL LEAD**

**However you are feeling...
you are not alone.**

We are a charity that delivers an emotional and psychological support service for young people aged 11-25 and parents connected to West Berkshire.





timetotalk
WEST BERKSHIRE

WHO ARE WE?

- ❖ Independent local charity established in 1989
- ❖ Promote mental and psychological support for young people aged 11-25 and parents connected to West Berkshire
- ❖ One to one counselling: 7,000+ One to one counselling sessions in 2023
- ❖ BACP accredited
- ❖ Supported online programmes
- ❖ Presentations, workshops, assemblies



WHY PEOPLE SEEK SUPPORT



- ❖ Bereavement/loss
- ❖ School
- ❖ Identity
- ❖ Food/Eating
- ❖ Self-harm
- ❖ Bullying
- ❖ Relationships
- ❖ Friendships
- ❖ Anxiety
- ❖ Stress
- ❖ Self esteem
- ❖ Low mood
- ❖ Anger
- ❖ Family
- ❖ Trauma
- ❖ Abuse
- ❖

WHY PEOPLE SEEK SUPPORT

- ❖ Pounding heartbeat
- ❖ Feeling faint/dizzy
- ❖ Sweating
- ❖ Nausea (feeling sick)
- ❖ Chest pains
- ❖ Feeling unable to breathe
- ❖ Shaky limbs
- ❖ Tense muscles
- ❖ Tense/nervous
- ❖ Short tempered
- ❖ Sense of dread
- ❖ Busy crowded mind
- ❖ Negative thoughts
- ❖ Feeling restless
- ❖ Feeling numb



THE ANXIETY PARADOX



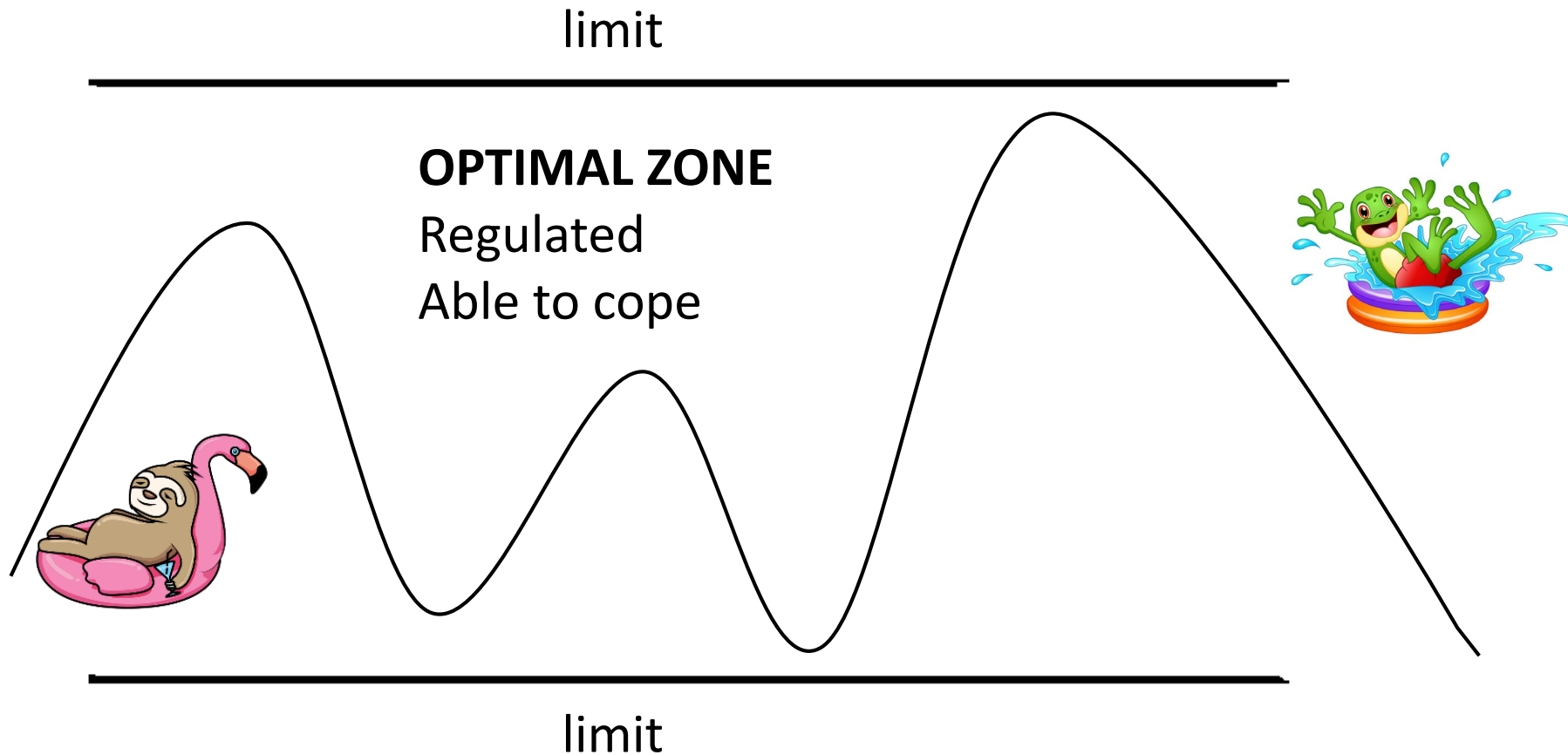
Makes us feel rubbish!

BUT.....

- ❖ Focuses attention
- ❖ Extra strength/energy
- ❖ Determination to succeed
- ❖ Provides learning opportunities
- ❖ Can be felt in enjoyable situations
- ❖ Keeps us safe

High stress/anxiety does not correlate with low happiness

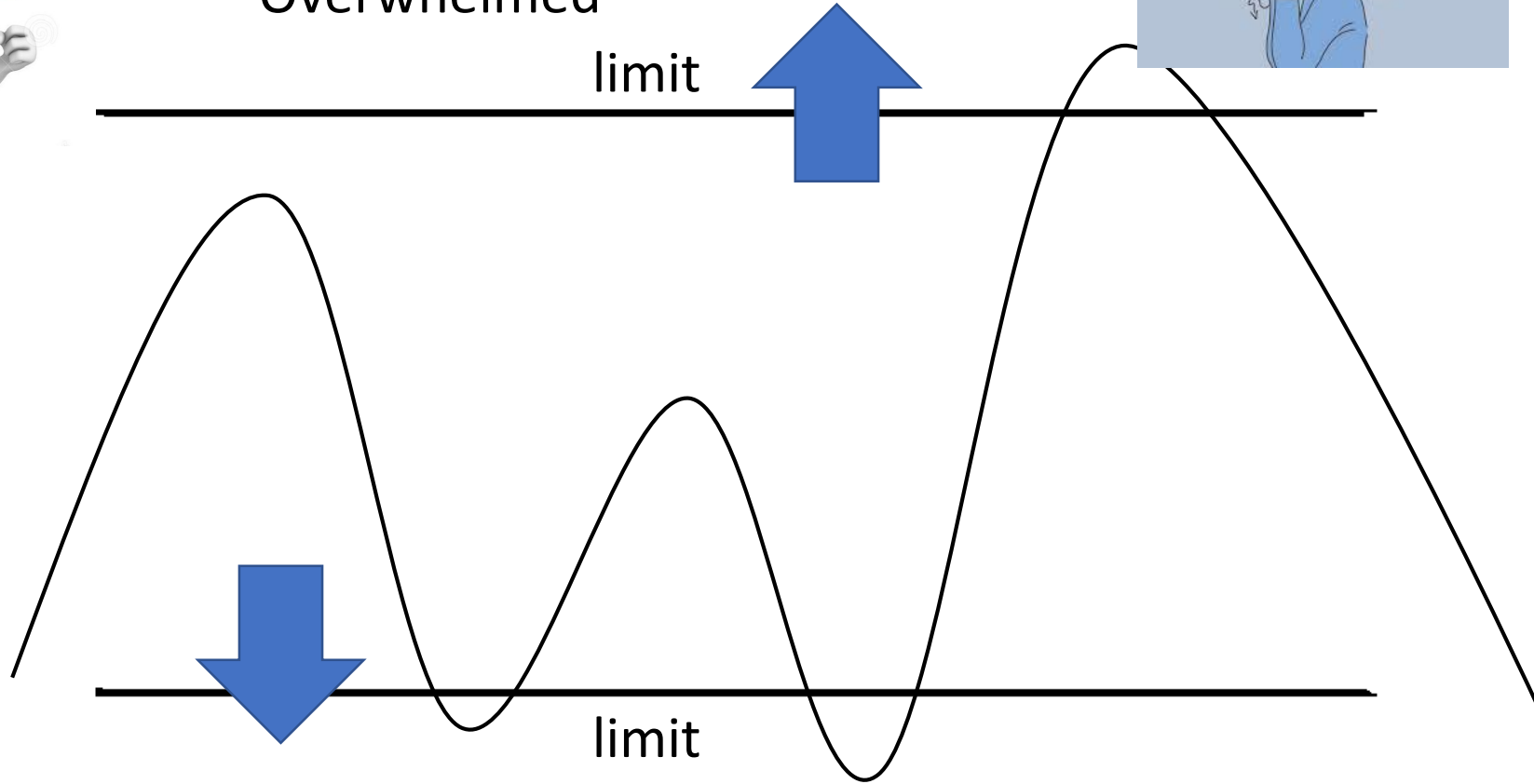
“WINDOW OF TOLERANCE”*



* Dr Dan Siegel

UNREGULATED ZONE

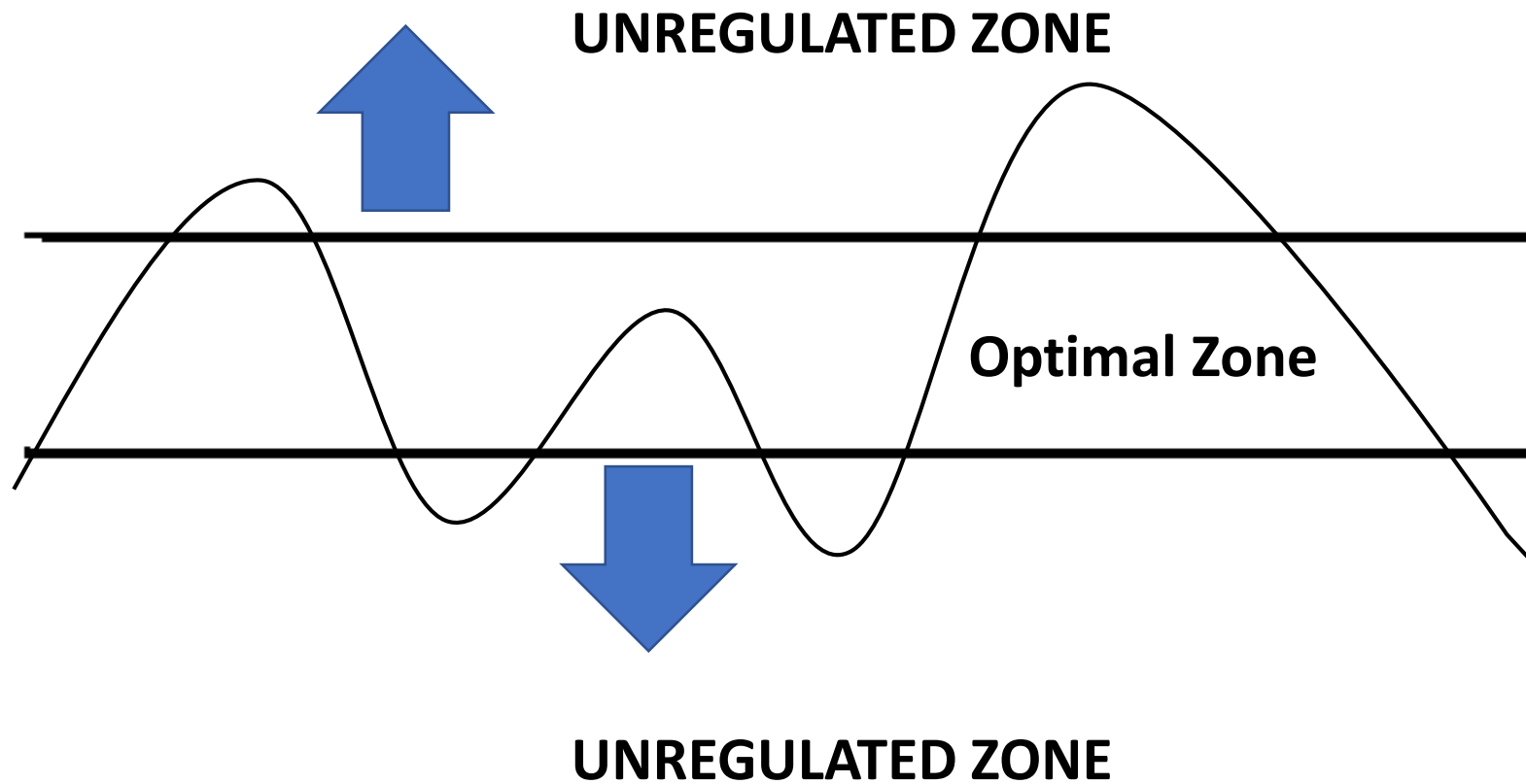
Less able/unable to Cope
Overwhelmed



UNREGULATED ZONE

Less able/Unable to Cope
Overwhelmed







Prefrontal Cortex

- ❖ Allows us to think before we act
- ❖ Decision-making
- ❖ Control over emotions & body
- ❖ Focus/Concentration
- ❖ Empathy
- ❖ Self Awareness



What is happening in the brain?

Limbic System

- ❖ Allows us to act before we think
- ❖ Fight/flight/freeze response
- ❖ Emotional reactions
- ❖ Bodily functions

ADOLESCENCE

The children now love luxury. They have bad manners, contempt for authority; they show disrespect for elders and love chatter in place of exercise.'

Socrates (469– 399 BC)

'lacking in sexual self-restraint, fickle in their desires, passionate and impulsive'.

Aristotle (384–322 BC)





**Uniquely wired to
explore, challenge,
push boundaries
and above all
LEARN**

Illustration by Joshua Seong, Verywell

Piaget's Stages of Cognitive Development



**Sensorimotor
Stage**

Birth to 2 yrs

**Preoperational
Stage**

2 to 7 yrs

**Concrete
Operational
Stage**

7 to 11 yrs

**Formal
Operational
Stage**

12 and up

verywell



**Different aged
children will
process things
differently**



**All of them will
process things
differently from
an adult**

CAN'T NOT WON'T

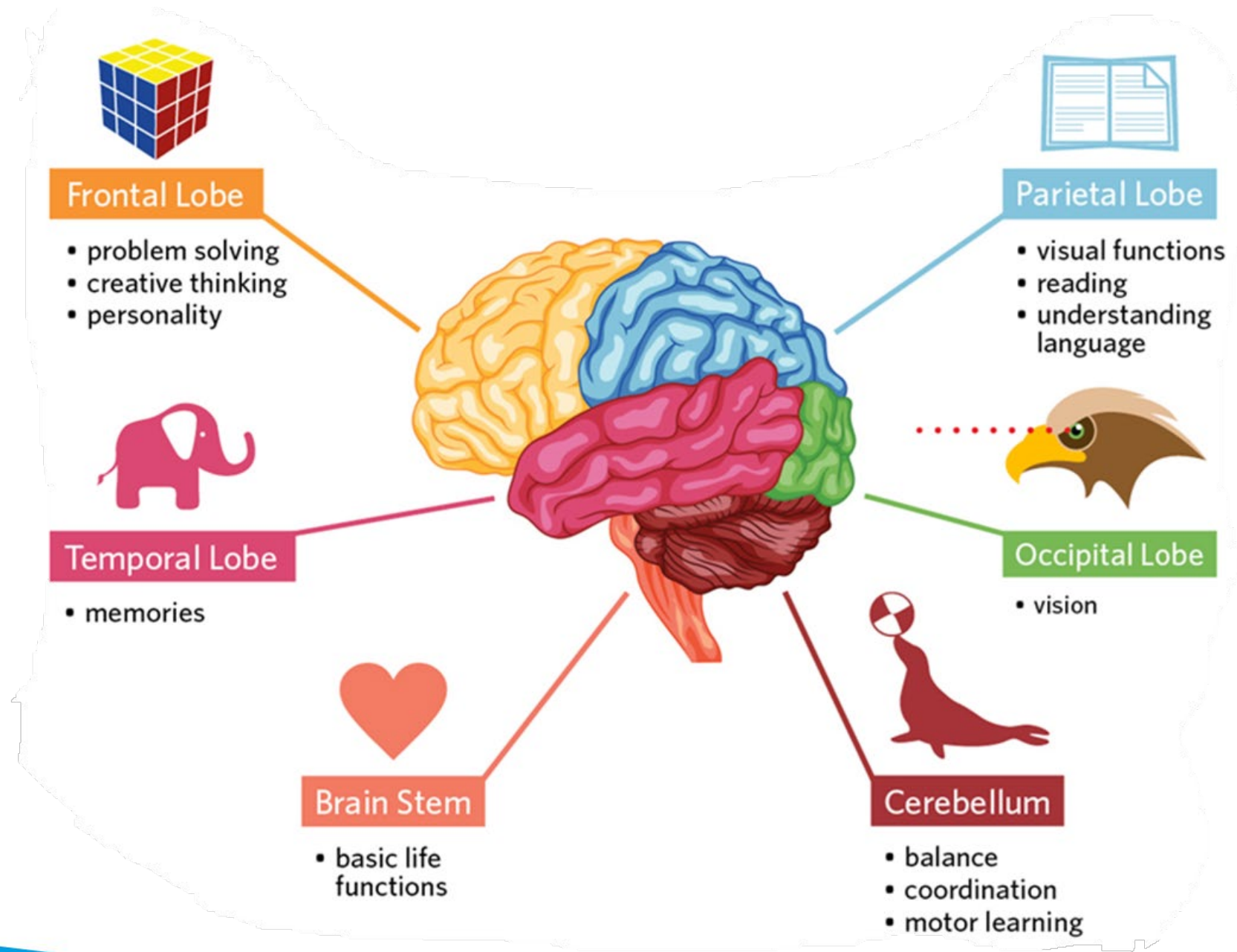
The Brain



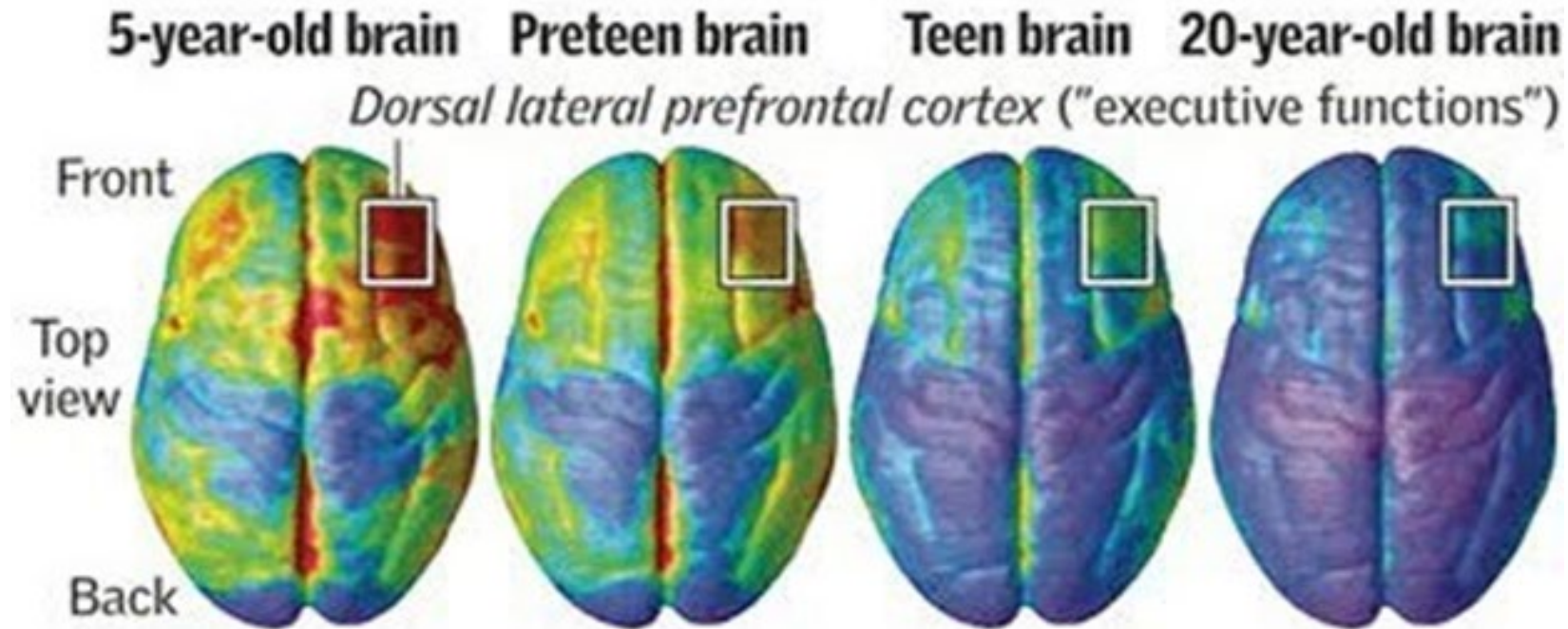
- ❖ The brain is the only organ that is unfinished when we are born - 25% of final brain size
- ❖ All brain cells are there but not connected



- ❖ Two big times of growth and change—terrible twos and the adolescent years
- ❖ Different areas of the brain develop at different times



BRAIN DEVELOPMENT



Red/yellow: Parts of brain less fully mature



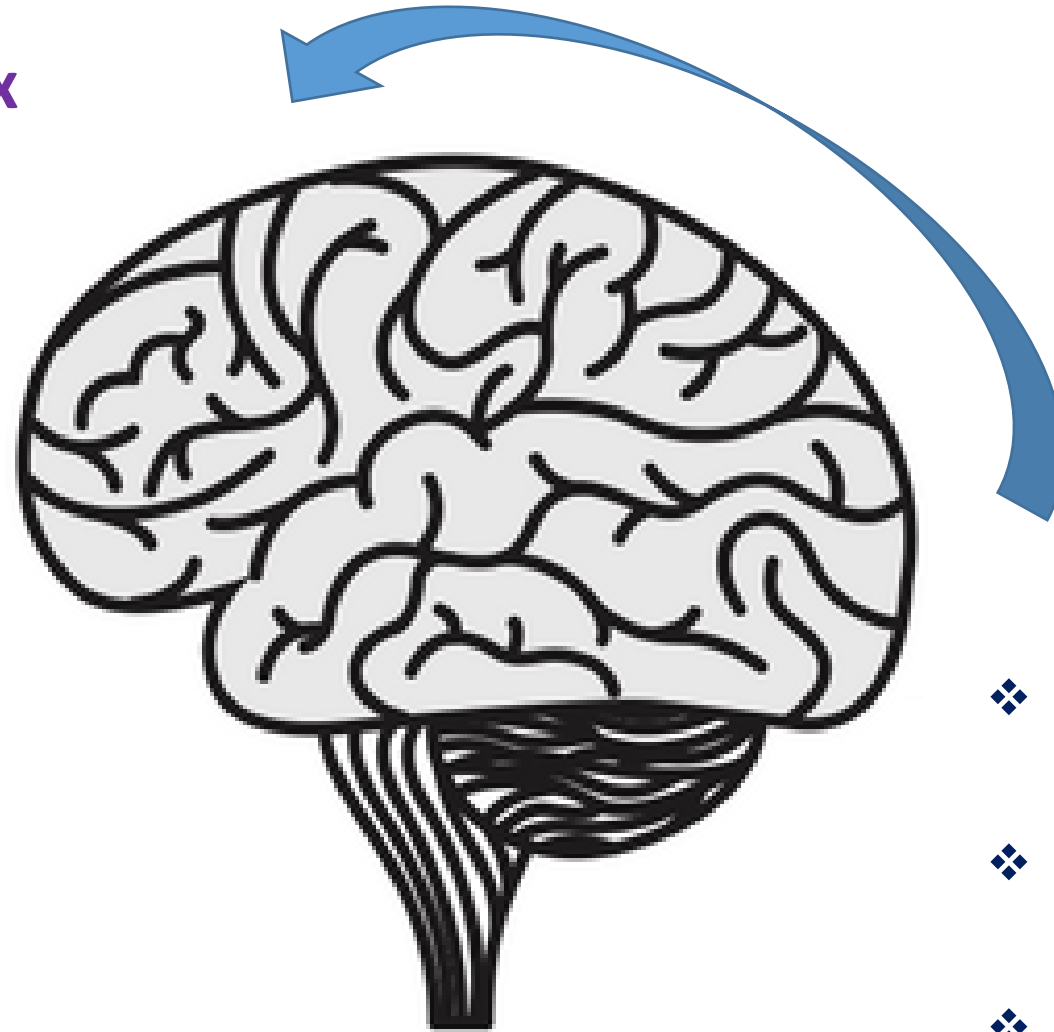
Blue/purple: Parts of brain more fully matured

Sources: National Institute of Mental Health; Paul Thompson, Ph.D., UCLA Laboratory of Neuro Imaging

Thomas McKay | The Denver Post

Prefrontal Cortex

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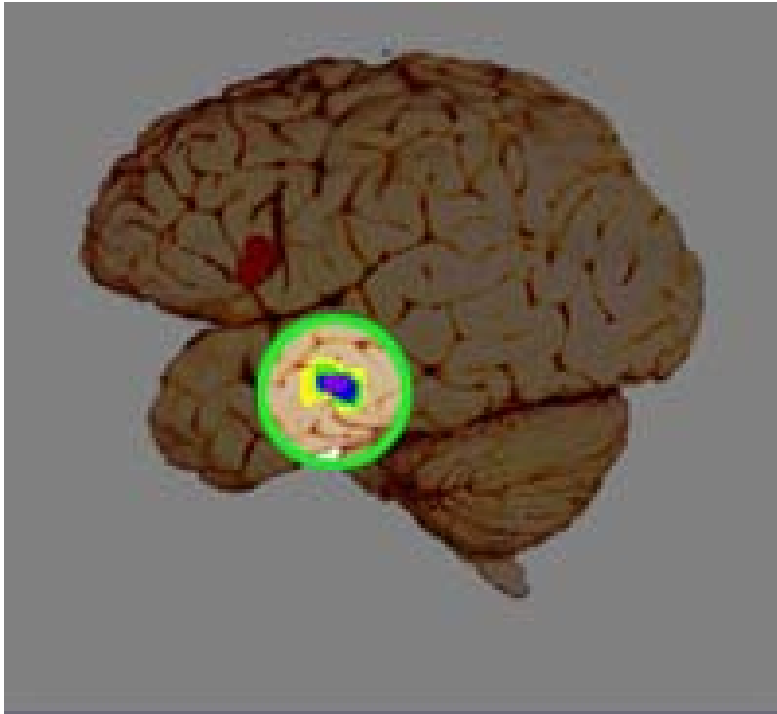


Limbic System

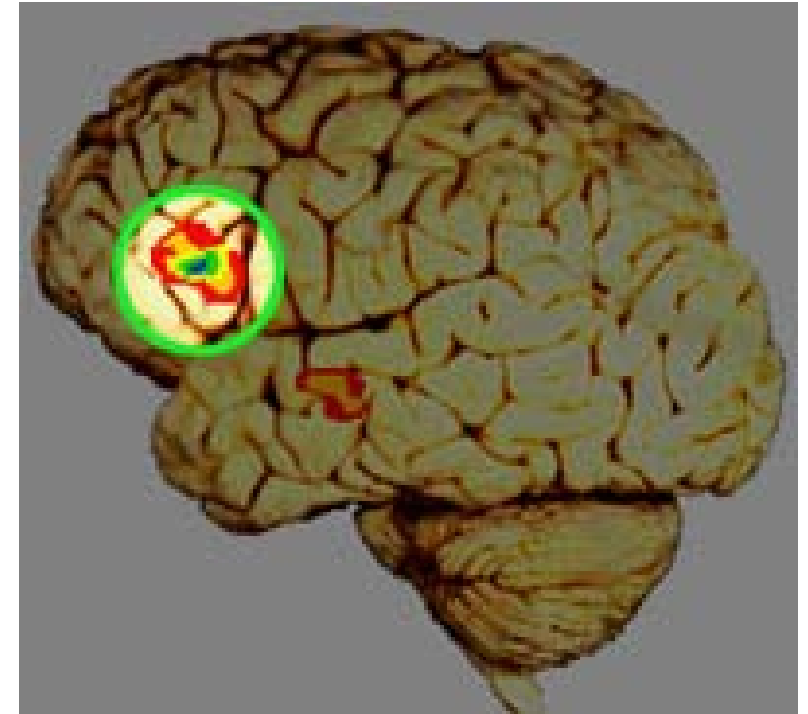
- ❖ Allows us to act before we think
- ❖ Fight/flight/freeze response
- ❖ Emotional reactions
- ❖ Bodily functions

Emotions will play a larger role than rational thought when processing information

Recognising facial expressions



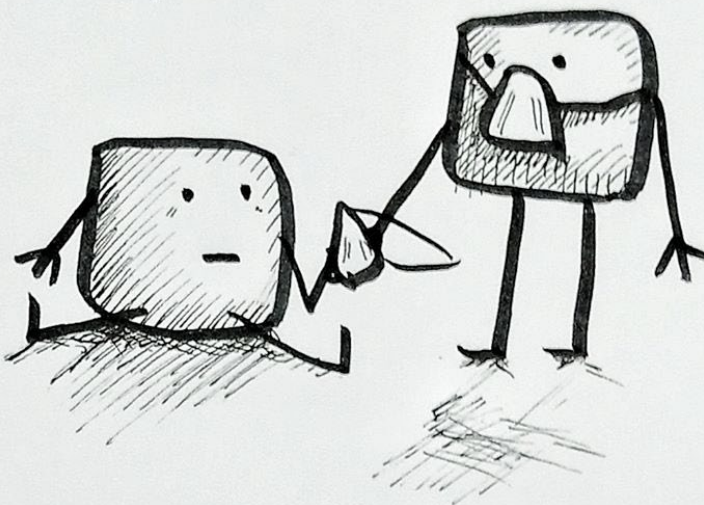
❖ Adolescents use amygdala



❖ Adults use prefrontal cortex

SUPPORTING A YOUNG PERSON

put your own
oxygen mask
on first



ANXIOUSLITTLEMONSTERS



Cheer up

Don't worry, it will be fine

Let's be positive

I'm sure it will pass

Oh that's nothing – when I.....

SUPPORTING A YOUNG PERSON

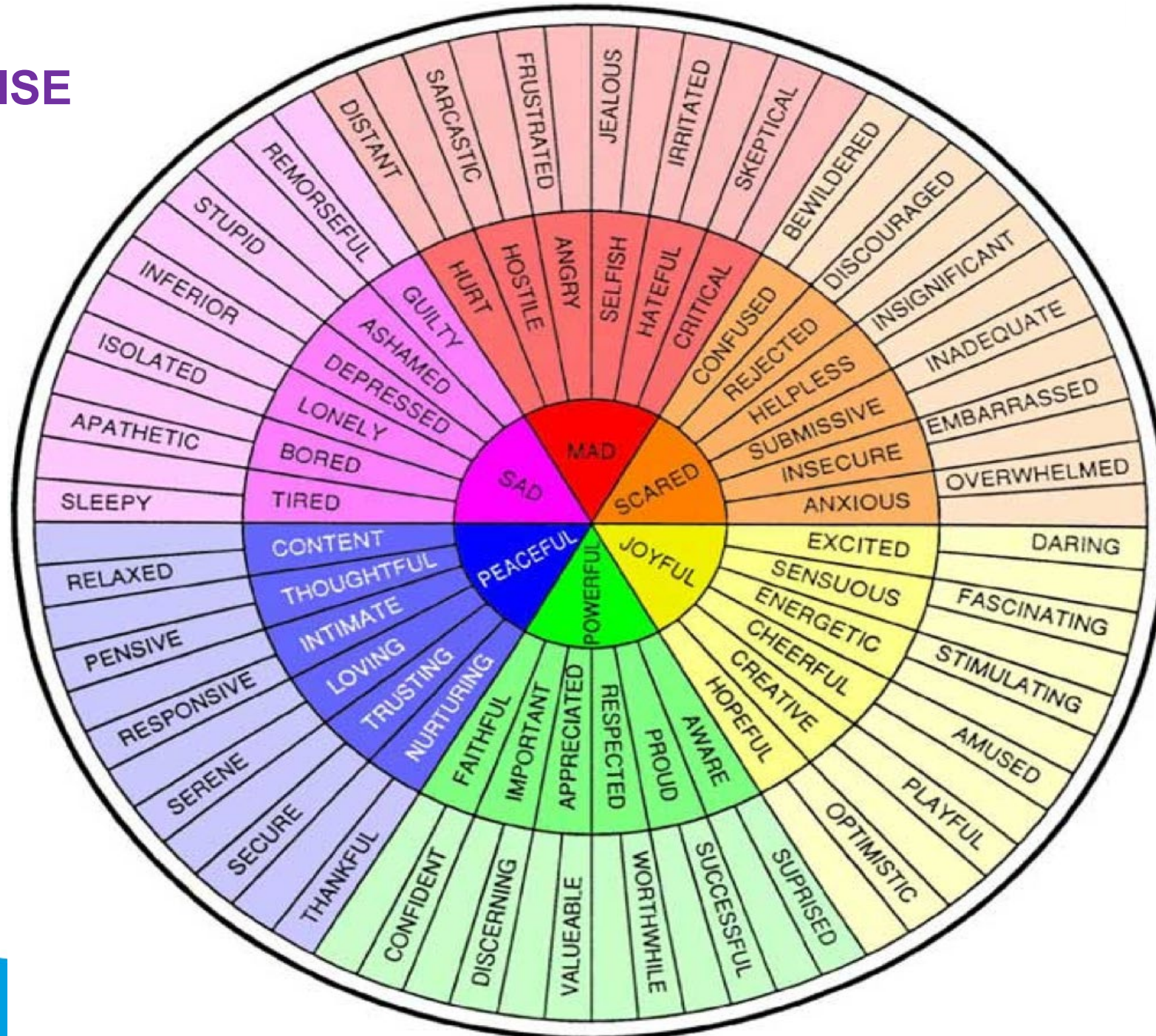
The 4 r's

- ❖ Recognise
- ❖ Respect
- ❖ Regulate
- ❖ Respond/Reason



RECOGNISE

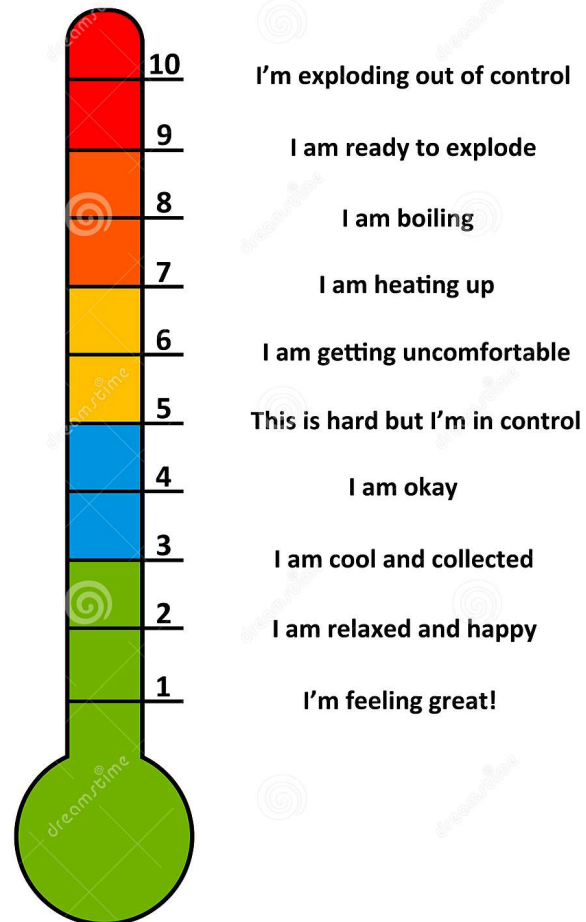
WHAT?



RECOGNISE

HOW MUCH?

Feelings thermometer







THE POWER OF LISTENING

ALL FEELINGS ARE VALID AND HAVE WORTH

RESPECT

INSTEAD OF.....

TRY.....



You were doing so well, don't spoil it now

Big sighs/eye rolls

Why didn't you.....?

That's what happens when....

You don't know you're born

It's just your hormones

If I'd had your chances

But you can do this so just get on with it

In my day.....

Don't worry, it will be fine...

Come on, don't cry...

You seem.....

I see

Mmmm...

Oh?

Go on....

That sounds.....

I can see this is hard for you

You wish that..... I'm hearing that.....

This has really upset you

REGULATE: what might help you right now?

A drink/something to eat?

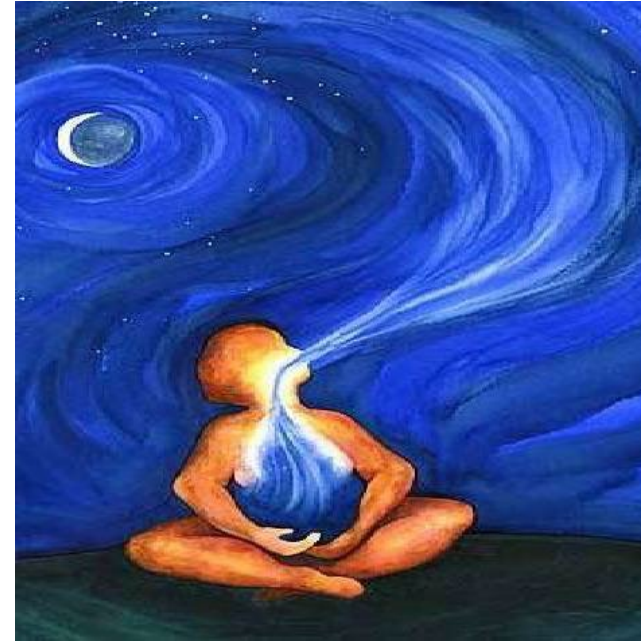
A hug?

Somewhere quiet?

A distraction?

Someone else?

What normally helps you?



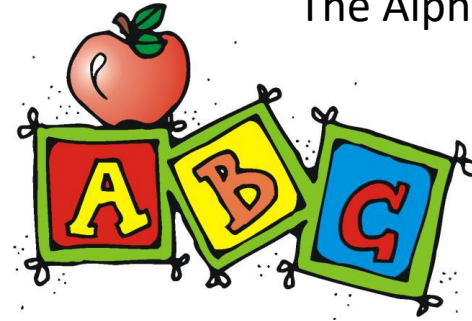
AND BREATHE.....

REGULATE

Getting Back Into The Window Of Tolerance



- ❖ 5 – things I can see
- ❖ 4 – things I can hear
- ❖ 3 – things I can feel
- ❖ 2 - things I can smell
- ❖ 1 – a thing I like to taste



The Alphabet game

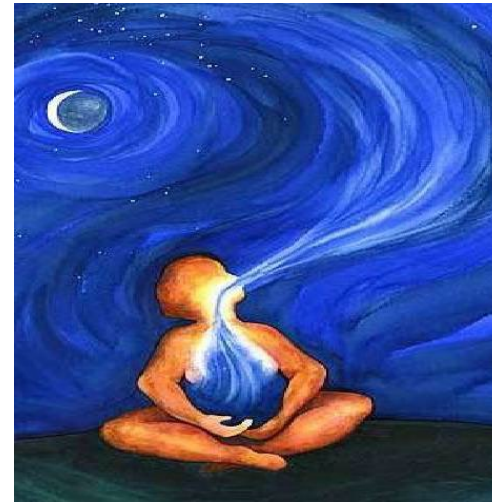
Reframing



Use your senses



Visualisation



AND BREATHE.....

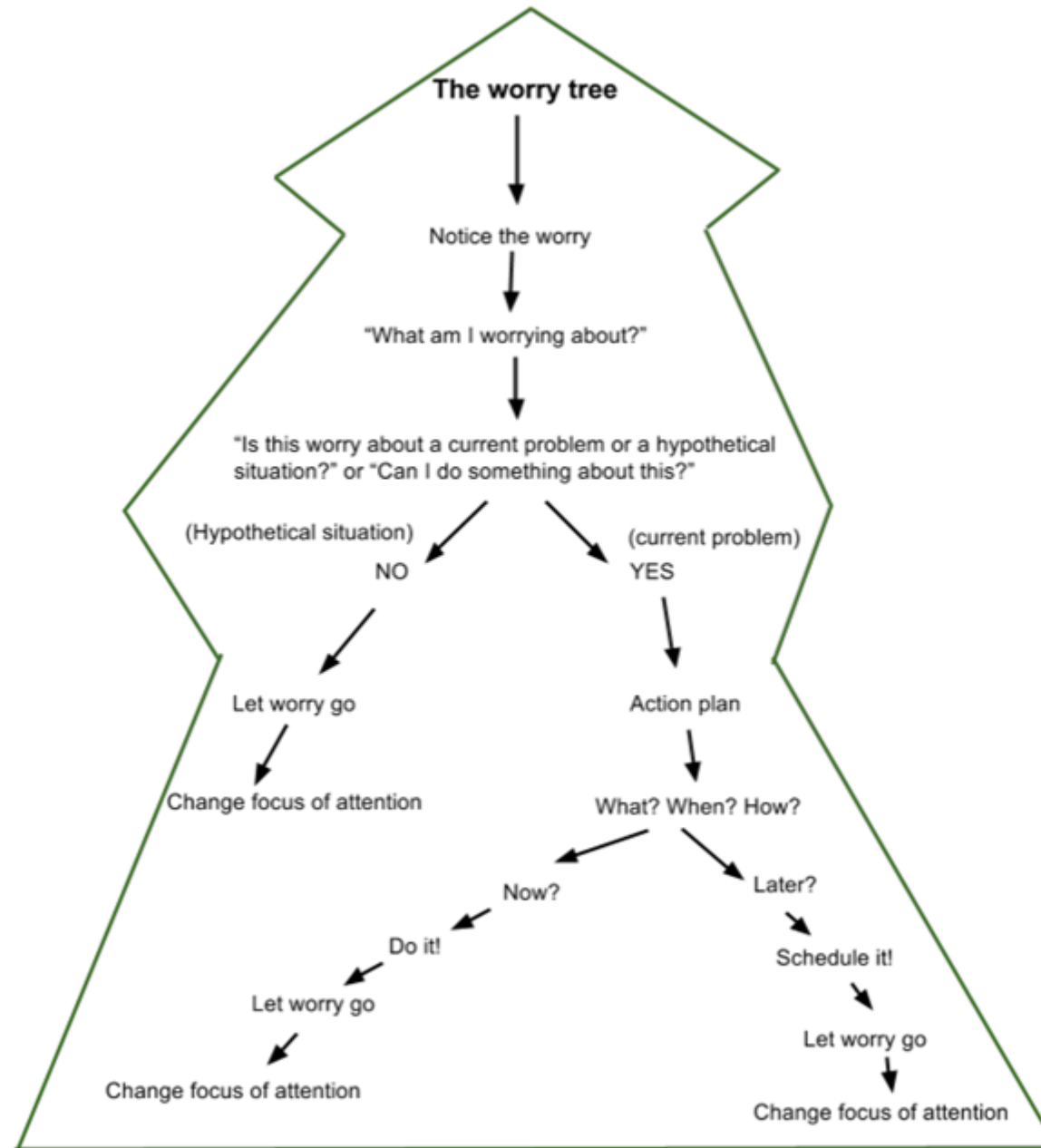
RESPOND/ REASON: WHAT COULD WE DO NOW/IN THE FUTURE?

- ❖ Collaborative problem solving
- ❖ Encourage them to put together a Mental Health “first aid” box
- ❖ Practise when regulated
- ❖ Look at lifestyle & environment
- ❖ Choose your battles



RESPOND/ REASON

THE WORRY TREE



Sometimes we need someone to simply be there...Not to fix anything or do anything in particular, but just to let us feel we are supported and cared about.



Widening the Window of Tolerance



A = Active **B=Being** **C=Connecting** **D=Developing** **E=Expressing**



Your relationship

SUPPORT FOR PARENTS

- ❖ ONE TO ONE COUNSELLING

- ❖ SILVERCLOUD MODULES

- ❖ Supporting an Anxious Child (5-11 years)
- ❖ Supporting an Anxious Teen (12-18 years)





THANK YOU

Any questions?





Remember to take
care of yourself.
You can't pour from
an empty cup.

COUNSELLING

- ❖ Integrative Counselling, person-centred, TA, Psychodynamic, CBT, EFT
- ❖ Face to Face, Phone, Video
- ❖ Child focused



PROCESS

- ❖ Complete referral form on website
- ❖ Phone call/email to arrange assessment
- ❖ Phone assessment within 2 weeks
- ❖ Counselling sessions within 8-10 weeks
- ❖ 6-12 sessions – 50mins same place & time each week
- ❖ Can come back as many times as wanted/needed



SILVERCLOUD

- ❖ A package of digital mental health and wellbeing programs, mostly based on CBT and positive psychology
- ❖ Access via our website
- ❖ Personalised to individual needs
- ❖ Allocated to an individual Time To Talk supporter who checks in once a week



SILVERCLOUD

❖ Modules available for CYP (16+)

- ❖ Space for Resilience
- ❖ Space for Anxiety
- ❖ Space from Stress
- ❖ Space from Low Mood
- ❖ Space from Low Mood and Anxiety
- ❖ Space for Positive Body Image





SIGNPOST

