

## **THERAPY SERVICES**

BY



## **WHO WE ARE**

Collins-Donnelly Consultancy's friendly team of professionals come from the fields of psychology, therapy, coaching, social work, education and training. We are highly experienced in working with children, young people, their families and their schools in a professional, supportive, relaxed and friendly way.



## **WHAT IS STEPS4WARD?**

STEPS4WARD is our programme for schools which provides therapy, training, advice and support for school staff, their pupils and pupils' families.



## **STEPS4WARD THERAPY**

We can provide therapy for pupils, their parents and/or the family as a whole. Each therapy session will last from 30 minutes to 1 hour depending upon the needs of those involved and will take place within the school. As a parent/guardian you can be involved in sessions with your child/children where appropriate.

We are here to help with a wide range of issues, including anxiety, stress, anger, low self-esteem, phobias, body image issues, eating disorders, bereavement, behavioural issues, family difficulties and much more.



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