

# Therapy at Trinity



We take mental health and mental health issues seriously at Trinity. We continuously endeavour to ensure that both staff, pupils and their families have access to the help and support they need.

We have a number of staff members who are trained as mental health first aiders, along with a trained counsellor who uses an integrative approach. Drop in counselling sessions are on offer to all students at lunch times throughout the week. Trinity invests in the wellbeing of its students by offering a range of therapeutic interventions that are proven to prevent, manage and help resolve issues. We recognise that one size does not fit all. We are committed and proud of being able to offer these services and value the importance of the therapeutic alliance and the benefits it can have.



## Drawing and Talking

Drawing and Talking is a play based therapy for adults to carry out with children who have suffered some emotional trauma and/or are not reaching their full potential socially or academically in school. It takes place for 12 consecutive weeks on a 1:1 basis. The child draws a picture and then the adult talks about the picture with the child. This helps unlock any unconscious feelings that the child may have without consciously bringing up these issues and talking about them. The child, by the end of the 12 sessions, should have a higher level of self-esteem; be more able to control their behaviour; and be better able to access the curriculum.

## Play Therapy

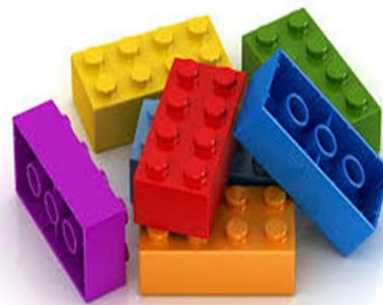
Play therapy help children to make sense of difficult life experiences, or complex psychological issues through play. A play therapist will usually work with children aged three to 11, using play as a communication tool to understand their world and to help them deal with emotional distress and trauma.



Drama therapy is a form of psychological therapy/psychotherapy in which all of the performing arts are utilized within the therapeutic relationship.

Dramatherapists perform controlled sessions where theatre and drama-based activities are used to observe and explore the behaviour, attitudes and emotions of individuals experiencing physical, psychological, emotional or mental health problems.

## Lego® Therapy



Lego based therapy is a program that helps to develop social skills in children and young people with autism spectrum disorder (ASD) and those with social communication difficulties. Lego base therapy is now also used to help children and young people with language difficulties to practice giving and following directions and developing their vocabulary.