

All things Therapy

WELCOME

Written by Hanna (OTA)

Welcome to 'All Things Therapy' - a newsletter from the Therapy Team at Bramfield House. Here we will keep you up-to-date with what we have been up to and forthcoming news.

The therapy team has had a few new arrivals this term, myself included. Tash and I have started as Occupational Therapy Assistants and we've had Maddie B join the team as a SALT. Kat is a Psychotherapist that joined the team at the very end of last term.

We've all been enjoying getting settled in to our new roles. Lego therapy and friendship skills groups have begun, as well as exam drop in sessions for the year 11's. The OT equipment has been dusted down and sensory circuits have been taking place in the gym each morning.



WHAT'S IN THIS TERM'S ISSUE:

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Kat has given the woodland cabin an overhaul and you'll now find her Psychotherapy sessions taking place in a cosy, welcoming and warm space that's well equipped with plenty of crafts and play based activities. We're also very lucky to have had Kat's wonderful pooch Maisie join our therapy team. Maisie has been helping Kat run sessions and she's been a huge hit with the boys - I'm sure you can see why.

Clinical Restructure



Written by Rachel Stock (Locality Lead).

Since our last newsletter a lot has happened organisationally with OFG restructuring all of it's clinical services. The Head of Operations South is still Dr Helen Hughes but instead of having Clinical Leads in every site, we now have 6 Locality Leads that cover a cluster of schools, and that report into Helen. In each site we now have Lead Clinicians that report into the Locality Leads....

....I am now one of those Locality Leads covering multiple schools! The team are very excited to welcome El to Bramfield in September as Lead Clinician. El is relocating from Bristol and is an experienced Speech and Language Therapist who has many years of experience working and supervising in an education setting. I will continue to be a regular presence in school, being on site at least 2 days a week and I will continue having a clinical caseload...
(Continued overleaf).



FIND OUT MORE ABOUT OUR CLINICAL OFFER

www.outcomesfirstgroup.co.uk/our-approach/our-clinical-offer/

Universal Offer



The part of my job that I enjoy the most is being a therapist and I love working with the young people at Bramfield.

What I have also enjoyed in my career is growing new teams and our clinical team at Bramfield has indeed grown and I feel very lucky to have found such wonderful people to fill it!

In September 2024, we will be driving forward with our clinical universal offer. This means we will be out and about more in the school and in the classrooms looking at how we can help support all the boys with regards to aiding communication and helping with emotional regulation, getting them in a place where they are able and ready to learn. We will be starting more group intervention across all modalities as well as 1:1 intervention. I would like to say thank you to the team for doing such amazing work and being incredibly dedicated to the school and wellbeing of all of it's students. 🌻



Psychotherapy at Bramfield House



Written by Katharine Childs
(Psychotherapist)



The Therapy Cabin (Treehouse) is situated in the forest area which allows the sounds of nature to come in. It's comfortable, cosy and quiet. It provides a space where the young people can express themselves in whatever way they need, to help repair and process their thoughts and experiences.

Once in the cabin, they may throw themselves into the bean bag or sit in a chair or raid the creative resource cupboard which allows their imagination to fire off. It contains Puppets, Sand, Clay, Paint, Emotion Cards, Games and so on. Creating an image provides another focal point in the room to talk about if eye contact is difficult. They can explore themselves through the image.

Sometimes the trauma is so deep that talking about it is almost impossible so using 'Theraplay' which was developed in the late 1960s by Ann Jernberg gives young people the confidence to use their voice while exploring through their senses. Theraplay is providing an opportunity for individuals to access their feelings, resolve personal issues and help fill the gap in their development through imagination, while learning to trust and build a relationship in a safe and confidential environment. It can be used (with caution, because it gets very messy) at home, in the classroom, or out on a walk in a muddy puddle to name but a few. A lot of the work achieved so far in therapy has been building on trust. A young person with a level of trauma will not open up about their experiences if they don't trust or feel comfortable with the person they are seeing.



Speech and Language



FRIENDSHIP SKILLS & YEAR 11'S DROP- INS by Tasha Oddy (OTA)

I've really enjoyed getting started and providing Friendship Skills Groups for some of the boys. I've had a positive experience getting to know each young person and look forward to supporting them in the upcoming term.

The boys have had fun taking part in blindfolded activities in which they must listen carefully to their peers and trust that their instructions will guide them to the finish line!

We have completed activities in which the young people have thought about traits that are desirable/ undesirable to them when making friends. The boys have had a chance to reflect on their own personality traits and think about how they may be perceived by others.

We have also played games and completed activities that promote positive relationships between the boys, turn taking and the ability to manage disappointment if/when they lose in a game.

I have also enjoyed working with the year 11's by providing weekly drop-in sessions. I was able to provide the young people with encouragement in the exam season and listened to any of their worries they may be experiencing. We discussed aspirations, planned for interviews and discussed their next steps after life at Bramfield House School. I thoroughly enjoyed chatting with the boys and I think that we can all agree, the year 11's a lovely group that will be truly missed.



LANGUAGE, SPEECH SOUNDS & SOCIAL SKILLS by Maddie Haddock (SALT)

Hello, I'm Maddie H and I have been working as a Speech and Language Therapist at Bramfield House School for a year. I have continued completing Celf-5 language assessment, Speech sound screens and social skills assessment with the boys to get a clear picture of their strengths and needs. I have been completing 1:1 specialist session as well as specialist group session with a focus on social skills. I have begun looking at the universal offer the therapy team will be delivering in all classes next term. I have really enjoyed working with the boys, developing professional relationships with the education staff and spending time in the classroom. I am excited to start the new term with a full therapy term.

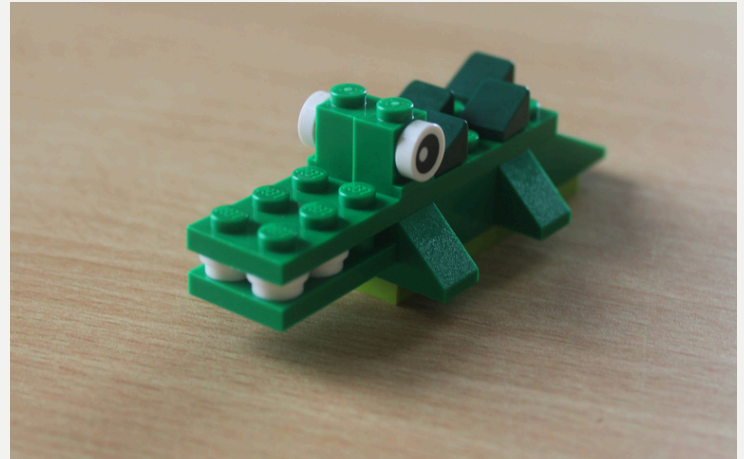


LEGO THERAPY

by Hanna Snailham (OTA)



I do actually think that everyone loves a bit of Lego! I've had 3 groups made up of young people across the primary classes this term and through playing with Lego in a social atmosphere we have been able to work on developing the ability to co-operate with others in a constructive way, while mainly just having FUN! Playing with Lego bricks and working together in our small teams of 3 we can develop important communication skills that can be applied in many areas of our school day and also many aspects of our lives. I look forward to continuing Lego therapy in the classrooms and share Lego therapy training with the whole team at Bramfield. Below are some pictures from our sessions.



PERSON CENTERED & HOLISTIC SPEECH THERAPY

by Maddie Brand (SALT)

My name is Maddie B and I have recently joined the therapy team as a Speech and Language Therapist at Bramfield House. Since joining the team, I have thoroughly enjoyed my first term here and getting to know everyone. My therapeutic approach is person-centred and holistic.

So far, I have conducted language assessments, speech sound assessments, and specialised interventions focusing on language and social communication. I have also loved being involved in Lego therapy groups and friendship skills groups alongside the therapy assistants.

I look forward to expanding the universal provision in September and providing extra support for all the boys at Bramfield.



Sensory Friendly Sunscreen Tips



Spending valuable time outdoors and in nature is essential and arguably the best in the summertime... But sun protection can be challenging if your child does not enjoy the feel or the smell of sunscreen! Here are some ideas you can try this summer..

MAKE IT FUN!

If you can find a roll-on sunscreen try drawing pictures with it. If the sunscreen is clear, then they can try to guess the word or picture you are drawing. (Just remember to rub it all in so they're not left with a sun-print of your drawing!).

USE THE TOOLS YOU HAVE

Make up brushes are a great way to gently apply sun cream to the face. Lets be honest, not many of us haven't accidentally gotten sun cream in our child's eye before so a makeup brush can definitely help to avoid disaster. You can also try a flannel, cloth or sponge to find what works.

SENSORY FRIENDLY SUN CREAM

- Roll-on or spray sunscreens usually have a less thick consistency so require less rubbing and could feel lighter on the skin. Sun cream is often more obvious to feel when it is first applied so you can try distracting your child with a movie or a game while it settles in.
- You can apply a little bit of pressure with the ball of roll-on sunscreen to provide a nice little massage.

SUN-SMART CLOTHING

If sunscreen is a total fail, then don't fear! You can involve your child in helping you to create a sun-smart wardrobe. Long sleeves, wide brim or peaked hats are great ideas, and you can let your child feel the fabrics, so you know what they'll be comfortable in. Linen and cotton help you stay cool and are great options if going for some long-sleeved outfits this summer.

SMELL YA BEST

Initially buy the smallest size sunscreen available so that your child can find a sunscreen fragrance they are able to tolerate. Once they've found their dream aroma encourage them to safely apply it themselves.

CREATE A SUNNY DAY ROUTINE

Talk to your child about the importance of sun protection in a way they can understand. Use visual aids or social stories and give them plenty of warning what weather to expect. Try to avoid surprising them with sunscreen application where possible.

SUNNY SIDE UP!

Stay positive and don't get discouraged when things don't work at first – keep trying new ways. If you'd like any help with visuals or social stories for a sunny day routine, then please do get in touch with the therapy team at Bramfield. Have the best summer ever!