

Therapeutic Support

Supporting young people, adults, families and professionals in Gloucestershire



Therapeutic Delivery

- **Counselling**
- **Therapeutic art**
- **Specialist gender and LGBTQIA+ counselling**
- **Therapeutic groups**
- **Mindfulness for individuals, groups and families**
- **Staff reflection, case discussion and supervision**
- **Training for professionals**

About Us

Therapeutic Intervention

Sarah is the founder of A Space 2 Be, with 26 years of experience supporting vulnerable people in the community and schools. With qualifications in counselling, mental health, health & social care, creative arts, sound therapy & mindfulness. All give an extensive range of wellbeing tools to support young people, adults, and families in Gloucestershire.

A Space 2 Be provide a safe environment to explore different therapeutic interventions that can support and improve resilience, self-esteem & confidence, building trust & explore personal and emotional development. Sarah, also known as SJ, has a deeper understanding of Adverse Childhood Experiences (ACES), Emotional Intelligence and Diversity and has completed training with Gendered Intelligence to provide specific support for gender, identity and sexual diversity.

Our service includes, 1-1 support, therapeutic groups, guidance for individual cases, staff reflection, professional training, family support and mindfulness. Sarah, and our supporting practitioners, Leann & Lynsey all have a DBS and are registered with the BACP, National Counselling Society and Complementary Medical Association.



Sarah (SJ) Bolton-Locke
Founder of A Space 2 Be
Therapeutic Counsellor & Wellbeing
Practitioner



Lynsey Wellington
Mindfulness Master Teacher
Counsellor & Supervisor



Leann Huntley
Emotional Therapeutic Counsellor
& Wellbeing Practitioner



Counselling Support

A Space 2 Be provide a safe environment to explore therapeutic interventions that support building resilience, self-esteem & confidence, trust & emotional self-development. Creating a personal development plan and holding a nurturing space that will meet their individual needs. These sessions may also include supporting behaviour & emotional difficulties, loss & change, personal & family upset, ongoing challenges, lack of concentration or focus and low mood.

This therapeutic support can be a combination of talking therapy, counselling, therapeutic art, mindfulness, creative therapy play and sound therapy. All materials are supplied.

This delivery includes attending any professionals' meetings, and can be arranged on an individual basis or as a block of sessions.

£40.00 per 50-minute session or £300.00 for a block of 8 sessions (£37.50 per session)



Specialist Gender and LGBTQIA+ Counselling

Sarah has completed a specialist training course by Gendered Intelligence to provide a safe and supportive environment for anyone who may be exploring their identity, gender and/or sexuality.

This therapeutic support may be a combination of talking therapy, counselling, therapeutic art and mindfulness. All materials used are carefully considered to match the individual needs, and levels of understanding and awareness. Sarah provides a nonjudgmental space with time to reflect and discuss any concerns offering both emotional and practical support for wellbeing and self-care.

This support may include attending any family/professionals' meetings, and can be arranged on an individual basis or as a block of sessions.

£40.00 per 50-minute session or £300.00 for a block of 8 sessions (£37.50 per session)



Therapeutic Groups

A Space 2 Be provide a nurturing open space to explore different topics therapeutically. This group environment can help individuals collectively find understanding, friendship, build confidence with like minded people which will naturally support building resilience.

We tailor the group format to suit individual needs, using group therapeutic tools such as, group discussion, therapeutic art, group support and guidance and mindfulness techniques.

Examples of group topics: Supporting confidence, resilience building, emotional intelligence, coping with loss or change, diversity or identity awareness or stress and peer pressure.

£69.00 per 1-hour session for up to 6 people or £460.00 for a block of 8 sessions (£57.50 per session)

**Creativity is
your mind set
free!**



Community Interest Company
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About the course

Creativity can support us to view the world differently, it can help us to feel better about ourselves and inspire us to create positive change. Course leaders Sarah and Leann, are both wellbeing practitioners who support people to take part in creative activities which includes self-awareness and improving self-confidence. They both have qualifications in mental health, creative expression, health and are qualified counsellors for young people and adults in Gloucestershire. As a group they create 6 elements of the art of wellbeing course; **connection, awareness, courage, trust, strength and acceptance.**

Mental health

The 6 art and craft sessions increase a feeling of wellbeing, confidence, relaxation, and can alleviate symptoms of stress and physical or mental health conditions. Participating in creative change, enables people to re-engage with their everyday lives, encourages emotional regulation and a positive mindset, this course is adaptable for any age!



£96.00 per person for 6 x 1.5-hour sessions (up to 6 people in a group) This is £16 per child per session - offer price



Therapeutic Sound Workshops

Sound Therapy is available as a group workshop or for 1-1 sessions. Sound and vibration are both familiar to us from before birth and when we are born sound is often the first thing we notice or interact with. The body contains just over 70% of water, so when sound waves make contact with our bodies it is just like a pebble being thrown into water. The therapeutic ripple effect inside brings deep relaxation and the sensation of stillness in your mind and within, all as the sound completely surrounds you.

Sound therapy is perfect for sensory and vibrational interaction, and can be adapted to suit anyone's ability, making this therapeutic sound therapy accessible for all. The sessions are run by Sarah, a certified Sound Therapist and can contain mindfulness to fully embrace the relaxation and stillness to the mind, or it can be a very interactive session with movement.

£120.00 per 1-hour session for up to 8 people (£15 per person)
or £60.00 per person for 1-1 sessions



Mindfulness

Mindfulness teaches individuals to be present in the moment rather than being distracted about the past or the future. We will talk the group through basic mindful awareness, breathing exercises and movement commonly used in meditation and yoga, aiming to promote connection to self and to become more aware of thoughts and feelings, in a non-judgmental way.

This practice helps manage feelings of overwhelm and reduces negative thoughts and feelings. The ethos of the session is learning to be kind to yourself as well as to others and the effects that this can have on the body and mind. This practice of mindfulness will support focus, bringing inner calm and in reducing levels of the stress hormone cortisol.

These sessions are beneficial for promoting sustainable resources for a healthy wellbeing and resilience.

Small group of up to 6 people £69.00 per 1-hour session or £95.00 per class room session



Mindfulness Based Stress Reduction Course

The MBSR is considered the Foundation Course for the Teacher Training Pathway for Those wanting to enter into private practice and as a pre-requisite for school Teachers wanting to train in the ".b" Mindfulness in Schools programme.

This is a certified eight-week course, giving you the opportunity to notice the way we can anchor into the breath and involve Breathing Practice, Sitting Practice, a short Body Scan and gentle Mindful Movement. We will also be teaching you about the origin of Mindfulness-Based Health Interventions and the background of Mindfulness.

Cost includes a comprehensive handbook, meditation recordings that specifically accompany the course and training support (the certificate requires all 8 sessions to be completed). Booking and pre consultation required, please contact Sarah for further details. Places are limited to 10 adults only per group.

Courses are facilitated by a Mindfulness Master Trainer, lynsey Wellington. £225.00 per person (Discounted from £255.00 to support the Mindfulness in schools' program)

Mindful Family

Working with parents or carers of pre-school or primary children

This is an 8-week reflective course for families to participate in, exploring together as a group habitual patterns of reacting to parenting stress. The course will help support overall mental wellbeing, helping to find ways to promote a more positive outlook on life, by observing ways that you can pay more attention to the present moment; understand yourself better; manage or reduce family stress.

Participants will finish the course with an understanding of psychological and physical reactions to stress and identify their own unique ways of reacting to parenting stress and other negative thought patterns particularly around 'aversion', paying particular attention to: noticing thought, feeling and bodily reactions to stressful events.

As well as its impact on specific problems, mindfulness has been shown to be capable of having effects on underlying emotional and social skills. These include the ability to feel in control, to make meaningful relationships, to accept experience without denying the facts, to manage difficult feelings, and to be calm, resilient, compassionate and empathic to self and the people around them.

£225.00 Per parent/carer group (two people) £195.00 for an Individual Parent/Carer (Discounted to support the Mindfulness in schools' program) Maximum of 12 people per group



Staff or professional reflection is a therapeutic support for those who are supporting others, needing some quality space to reflect and manage their personal feelings and thoughts. It is always comforting to know that someone is really listening, not judging and helping to unravel a situation in a supportive confidential manner.

One-to-one and group sessions are available in workplace settings to suit by arrangement or at our own therapeutic space in Cheltenham. The cost of supervision/reflection is dependent on duration, and level required in accordance with your professional organisational body. Both reflection and supervision are facilitated by either a qualified counsellor or Supervisor. Service agreements can be arranged to meet your organisations personal requirements, and sessions can be used as case discussion

Individual staff reflection and Clinical supervision

costs are: £59.00 per 1-hour session, 1.5 hours £79.00

Peer group case discussion 2 hours, £165.00
for a group of up to 6 people

Professional Training

Being ACE Aware - Applying Adverse Childhood Experiences (ACE's)

Have you heard about ACE's, but are wondering what to do next? How can you embed the trauma informed practice into your organisation's practice and use this insight daily?

Adverse Childhood Experiences have been linked to risky health behaviours, chronic health conditions, low life potential, and early death. As the number of ACE's increases, so does the risk for these outcomes. Having a deeper awareness will help you understand the importance of safe, stable, nurturing relationships and environments for all young people. This 4-hour workshop will also cover, how to apply awareness to a case study, resilience tools, next steps to supporting someone with a high ACE score, using a holistic family overview and exploring the benefits of therapeutic interventions. This study has had a positive impact on a broad range of development skills that will help people to reach their full potential.

£350.00 4-hour session or book two sessions for £600.00

Up to 12 attending per session (£29.00 per person)

Be LGBTQIA+ and Transgender Aware

LGBTQIA+ and gender awareness training covers awareness of a number of sexual diversity topics, transgender, non-binary and gender fluid understanding. Covering the pathway to transitioning and what that may mean for someone and support networks available. This training includes space for open discussion, the opportunity to explore and challenge social stigma, discuss individual experiences and case studies in relation to sexual orientation and gender identity.

Sarah has received training with Gendered Intelligence to support delivering gender awareness in the South West, they will tailor the material to suit your organisation/role and share tools used when supporting someone exploring their identity, gender or sexuality. Sarah offers 1-1 specialist support and has a personal insight that will enhance your training experience, they are open to answering your questions and supporting or offering guidance to families, individuals and organisations.

£350.00 4-hour session or book two sessions for £600.00

Up to 12 attending per session (£29.00 per person)



“What happens when we flip our lid”

When our brain is working efficiently both the upper and mid brain are communicating effectively. Information comes in and is processed logically, but what happens if someone is suffering from overload, chronic stress or emotional distress? This workshop with A Space 2 Be, covers information based on the Hand Model of the Brain practice, exploring what effect stress has on the brain and what happens for someone when flipping their lid.

You will understand why behaviours may change, what parts of the brain shut down or become exhilarated and how this model can support your understanding of these changes in the brain. You will be shown how to explain this to someone else using the hand model and given handouts to support you with this practice.

£250.00 2.5-hour session or book as an add on training
Up to 12 attending

Creative coping techniques for stress

Many people often do not realise they are under stress until it has begun to consume them. Stress can negatively affect someone's wellbeing, mental and emotional health and create behaviour and relationship challenges. It is important to be able to recognise the causes of stress, when you have done this, you can begin to find ways to successfully manage and support someone's known triggers or stressors.

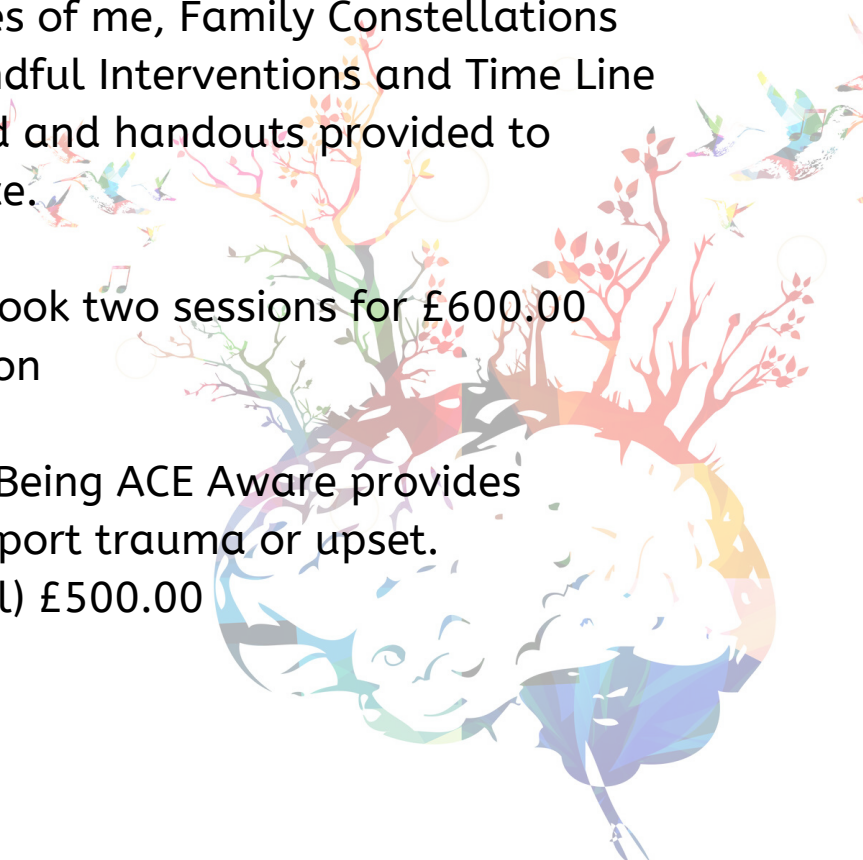
During this 4-hour training session with Sarah, who is a Therapeutic Intervention Practitioner, will talk you through several practical and creative ways of supporting stress, giving you a useful and practical therapeutic tool kit of techniques. Everyone will personally experience each technique, helping you to fully understand the benefits of each one, supporting you to feel confident to share them with people you are supporting.

Topics include learning the benefits of:

My happy or safe place, Sides of me, Family Constellations (using stones and shells) Mindful Interventions and Time Line work. All materials supplied and handouts provided to support you with this practice.

£350.00 4-hour session or book two sessions for £600.00
Up to 12 attending per session

This training combined with Being ACE Aware provides complementary tools to support trauma or upset.
(7-hour training day in total) £500.00





**To find out more information please contact
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Visit our website

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