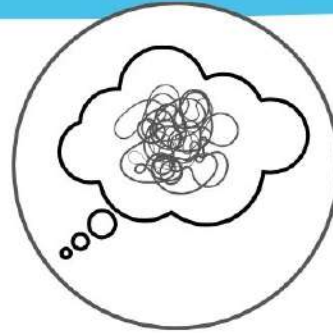


EK Therapy offers support for individuals with emotional, behavioural or mental health needs. Working directly with the individual or the system around them (e.g., parents/carers, teachers, social workers or other professionals involved), the consultation service offer bespoke packages tailored to your needs.

Consultations consist of advice and support around the difficulties you/the individual may be facing. They may act as a space to reflect upon parenting or care approaches and may consist of psychoeducation, nervous system regulation and self-management.



After I receive a referral via the consultation form, you'll be invited to information-gathering session alongside the relevant individuals. This helps us to consider the past experiences of the individual and so contextualises their current difficulties.



Consultation is then offered to help you consider your approach to your current difficulties. This pragmatic and collaborative process allows you to problem-solve, find strategies and practice new approaches to your problems. This will all be compiled into a report with relevant information, resources and recommendations. We will then aim to meet again to see your progress and what further support you may need from me.

