



# THERAPY

DEVELOPING SAFE, SUPPORTIVE & NURTURING RELATIONSHIPS

## FACT SHEET

# Service Brochure

### Our Services

**Progressive Care's philosophy is entirely person-centred. Recognising that everyone is unique, we tailor their plans to meet their individual educational and particular therapeutic needs, as best we can. We believe that this is most effectively achieved by all of our staff working in a therapeutic way, within a therapeutic environment and with on-going support for all.**

### Therapeutic Team

At the core of our therapeutic approach is a team of specialist professionals consisting of:

- Doctor of Education
- Doctor of Psychology
- Educational Psychologist
- Behaviour Specialists
- Social Workers
- Counsellors
- Teachers
- Aroma therapists
- Dance therapists

This team meets on a regular basis to review complex cases with less complex cases being reviewed by the team every three months. To compliment the above team our multi-disciplinary staff teams within the services are all trained to work in a therapeutic way. In addition to mandatory training, staff are also trained in:

- The Management of Behaviour
- Working with Families
- Stress Management
- Understanding Child Development
- Dealing with attachment Issues
- Autistic Spectrum Disorders
- Attention Deficit Hyperactivity Disorder
- Raising self-esteem

This means being non-aversive, non-confrontational, remaining calm, explaining things in a confident but non-threatening way, being consistent, showing care, setting boundaries, establishing rapport and developing meaningful relationships. We also train staff in valuing people and actively supporting them, in autism and how to raise self-esteem. We also provide stress management sessions for staff and for those people in our care.

All of our accommodation is designed to create a therapeutic environment. Care is taken with colour schemes, furniture and soft furnishings, in an attempt to ensure calm and tranquillity.



# Therapeutic Approaches

## Cognitive and Applied Behaviour Therapy

**Attempts are made to change the way the person thinks about themselves, about others and about issues, thereby assisting them to be more emotionally stable. Our philosophy and approach to the management of behaviour are based on non-aversive positive interactions. We work without punishments or negative reinforcements.**

Each person's behaviour is functional and is there to supply a need. It is important that we take the time to think about the behaviour, to reflect on it, to try to make sense of it and to plan our reactions to similar future behaviours and our reactions to the management of it.

## Life story work

Telling our story helps us to make sense of the world and the things which have happened to us. It is extremely therapeutic. "The narrative structures and the vocabularies that we use when we craft and tell our tales of our perceptions and experiences are also, in themselves, significant, providing information about our social and cultural positioning" (Sikes, P. 2007, "Narrative Approaches to Education Research")

## Developing Positive Relationships

Recognising that the development of positive relationships is the key to trust, positivity and happiness, it is at the forefront of all our work.

## Dance Therapy, Music Therapy and Drama Therapy

Allowing and encouraging the service users to express their feelings through different media, including dance, music and drama.

## Counselling

Our experts in the management of behaviour offer a counselling service to service users and de-briefs to both service users and staff following any significant incidents.

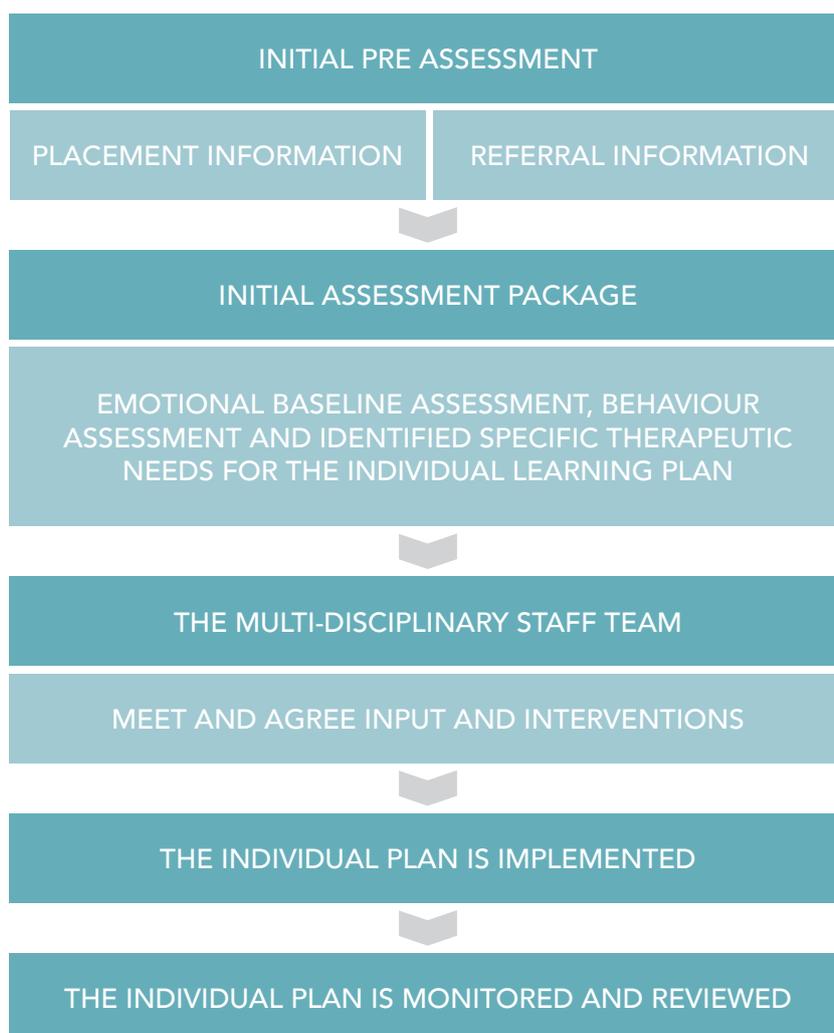
## Empowerment & Normalisation

Our therapeutic services are based on a number of different philosophies. Emphasis is on:-

- Education and personal development
- Emotional and physical well-being
- Participation and choice
- Independence

Our therapeutic interventions are designed to alleviate stress and improve functioning in everyday life. To do this effectively we have to draw on the knowledge and skills of a wide network of people. This network of people forms our multidisciplinary team. The team meets, discusses the individual needs and agrees a cohesive approach which allows the service user to progress.

Whilst some of our therapists work on a 1:1 basis we find that most of our service users are more able to put their trust in the staff who work with them on a more regular basis. To this end, our therapists will work with the staff when appropriate, guiding and supporting them.





If you need any further help or advice  
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