

Meet Anna, who tells us why psychotherapy makes a difference



Anna is a registered Dance Movement Psychotherapist and provides a variety of therapies for our children, their siblings and their parents or carers. In addition to one-to-one weekly group sessions, she also organises a monthly Mum's group and provides bereavement support for families.

What is psychotherapy?

Psychotherapy sessions help to break down barriers, giving children and other family members a safe space to express themselves and begin to come to terms with what is happening.

Anna says **“What I like most are the real connections with families and the moments when you feel you have really reached someone.”**

What are the benefits of psychotherapy?

Psychotherapy gives children a voice and develops their confidence in using it, so they can be heard in situations where they may feel powerless. It helps fear gradually lessen by focusing on difficult thoughts and feelings, rather than avoiding them. Children are able to build a more whole sense of self through focusing on mind & body connection. The use of the creative elements of movement and art, offers them a diverse way of working and relating.

Want to find out more about how our services make a difference?

Email STAR@richardhouse.org.uk