

Wellbeing Practitioner Service for Children and Young People

What is a Wellbeing Practitioner?

SWFV's Wellbeing Practitioners (WPs) trained at Exeter University under the CYP-IAPT initiative to provide early intervention psychological support for children and young people.

WPs are trained in Cognitive Behavioural Therapy (CBT) and support children and young people with mild to moderate anxiety, low mood and behavioural difficulties.

All casework adheres to NHS NICE guidelines including participation, GDPR, confidentiality and safeguarding. Our WP's receive regular clinical supervision and all their work is evaluated using Routine Outcome Measures.

What happens at the first meeting?

A Wellbeing Practitioner will liaise with the school, child and, where necessary, the parent to arrange the first appointment. This appointment will last around 1 hour. At this meeting, the practitioner will help the child to feel comfortable and explain a bit about themselves and who they are.

They will ask the child/young person to fill in some questionnaires and ask how they have been feeling and how this has affected them. This is so that they can find out how best to help.

What do Wellbeing Practitioners do?

We work with children and young people in lots of ways to improve their emotional wellbeing.

We see lots of young people who are worried or sad or find it difficult to manage how they are feeling.

We use CBT which means we find links between thoughts, feelings and behaviours to make positive changes.

We try to make support easy for children and young people to access and can visit them in school, at home or wherever they are most comfortable.

What are the sessions like?

Wellbeing Practitioners can offer up to 6 sessions, which last between 30 minutes to 1 hour. This can change depending on what is needed.

The child/young person is encouraged to take a role in planning these sessions so they feel in control of their own psychological wellbeing. We will ask them what is important to them and what they would like to work on.

We will help them set some goals and together, we will find the best way of working towards these.

Some young people see us on their own and some young people come with their parents/carers, or with a friend.

We might have our sessions on the telephone, over email, on Facetime/Skype or face-to-face. These might be weekly, or every other week.

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 Supporting Families - Supporting Children

