

# WORKING WITH A SELF HARMING GROUP

- MEL RILEY



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Learning Together Online

## Resource Guide

# About Mel Riley

## **Animal Assisted Therapy**

I am Mel Riley and let me introduce the dogs. The big fella is Max and we lost him just over a year ago and River is now head therapy dog and she continues to work with me. (maybe we don't need to include this part)

We work with adults, children, and families in Private Practice. I have a passion for providing caring therapy that fits for the client and we work hard to adjust our approach to fit client's individual needs.

I am senior accredited BACP therapist and also a Senior Accredited Children's and young Persons Counsellor and we are based in Wolverhampton, West Midlands.

When required, River works along side me and we aim to provide a different experience than the formal therapy that may be traditionally offered in a clinic or CAMHs setting, which may not suit all clients. Having a dog in therapy brings a very different type of experience for clients particularly with children who may have been difficult to engage in traditional services and who may have difficulties with attachment or trust. We work with a high number of children in care, including Autism and Aspergers.



**Mel Riley**



# About Mel Riley

I understand how block trust can lead to blocked care and we work hard to provide a fun and informal environment for therapy, so that children can feel comfortable and safe enough to work with us.

We may work on site at a residential home, a school, or we may do out-reach visits and our walk-and-talk sessions are popular. Some children may find it too difficult to sit still and talk with me so a walk with the dog can work wonders. I am located by a quiet park for outdoor work on the move or we work in my well stocked therapy room where we may use play our creative therapies.

I have a particular interest in working with children and adults with attachment difficulties and I spotted that using a dog for animal assisted therapy helped to help build a bond that might not otherwise be built.

Many of my clients love dogs and it adds an incentive to come to sessions as well as adding some fun. Little River offers comfort by sitting on clients laps to allow them to cuddle her whilst talking with me.

I also supervise counsellors, support workers, teachers, mentors, and other helping professionals and I offer training on working with children who have experienced neglect or trauma.

We will tell you more about the work I do with my therapy when we talk to John on Sunday.



# Play Therapy Training

[www.playtherapy.org.uk](http://www.playtherapy.org.uk)



Click the image above to watch PTUK's video

# Contact

[www.meljriley.co.uk](http://www.meljriley.co.uk)



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