

#CYP: Kids Who Don't Do Therapy

– Mel Riley



onlineevents
Learning Together Online

RESOURCE GUIDE

#CYPConf2016



Sponsored by

Temenos

**CERTIFICATE IN
COUNSELLING CHILDREN
AND YOUNG PEOPLE**

**10 DAY
COURSE**

**STARTING
OCTOBER
2016**

**Course fee
£1200**

Contact
temenos.ac.uk

A 10 day course over five 2-day blocks for qualified counsellors/psychotherapists who work with children and young people or who wish to work with this age group

The flyer features a group of diverse children and young people smiling and giving thumbs up. The text is arranged in a clean, modern layout with blue and white colors.

Find us on
Facebook



@temenosonline

Click the flyer for more details

www.temenos.ac.uk

About Mel

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. 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. 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.



Event Details

Dan Hughes says blocked trust leads to blocked care, so how do we engage kids who "don't do therapy"? Many kids say to me "your not messing with my head!" Maybe they have had poor experiences of adults and social workers telling them what they should do, and you are just another annoying adult who doesn't get it.

I aim to not mess with their heads but reach into their hearts by offering a different experience of relationships. I attempt to spend time & get to know them with acceptance, understanding and quite often pizza & chips.

With a compassionate playful approach, maybe everyone can "do therapy" when therapy is anything you want it to be. Therapy could be playing chess, playing with puppets, having a picnic in the park.

I would like to share some creative ways I have worked with kids with attachment issues & trauma who are often described as hard to reach.

Hughes, D & Baylin, J (2012). Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment. New York: W W Norton.



Resources

Bryan Post - Postinstitute

A truly love-based approach for helping children with challenging behaviours. This uniquely different paradigm for parenting children with trauma histories is especially critical for many adopted and foster children for whom "nothing works". The place where Science, Psychology and Spirituality meet in an easy to understand model for parents and professionals who are committed to changing lives in some of the most hurt, frightened and desperate children.



Click [HERE](#) to watch YouTube videos

Creating a PLACE for the special children in our lives.

Playfulness Love Acceptance Curiosity Empathy

www.danielhughes.org



onlinevents

Resources



Watch

Discover

Attend

Participate

About

Search...



Log in

Sign up

Brené Brown:

The power of vulnerability

TEDxHouston · 20:19 · Filmed Jun 2010

51 subtitle languages

View interactive transcript



Watch later



Favorite



Download



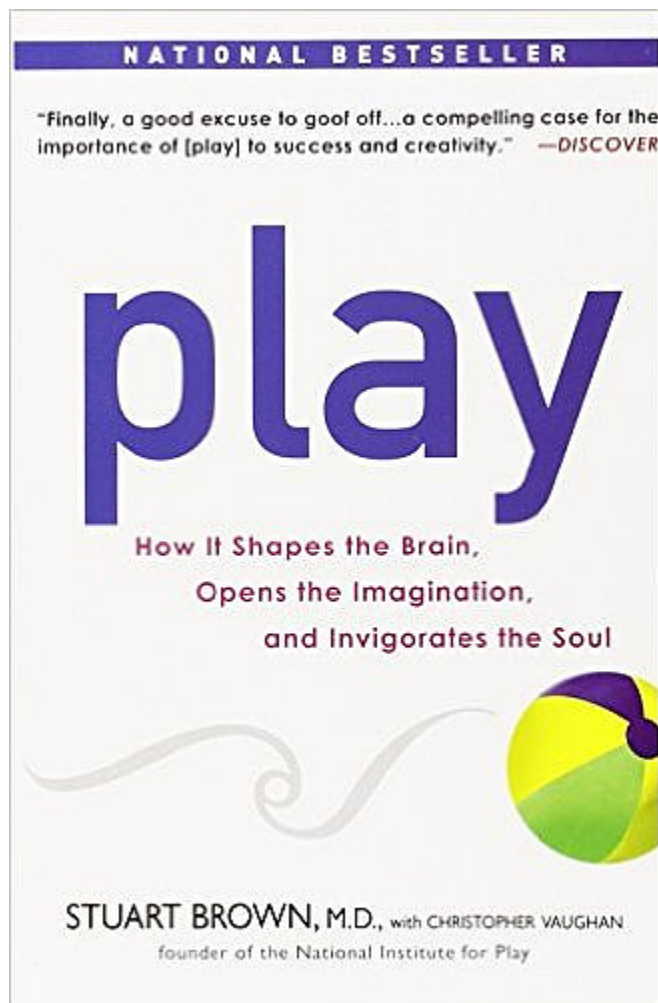
Rate

Click the image above to watch

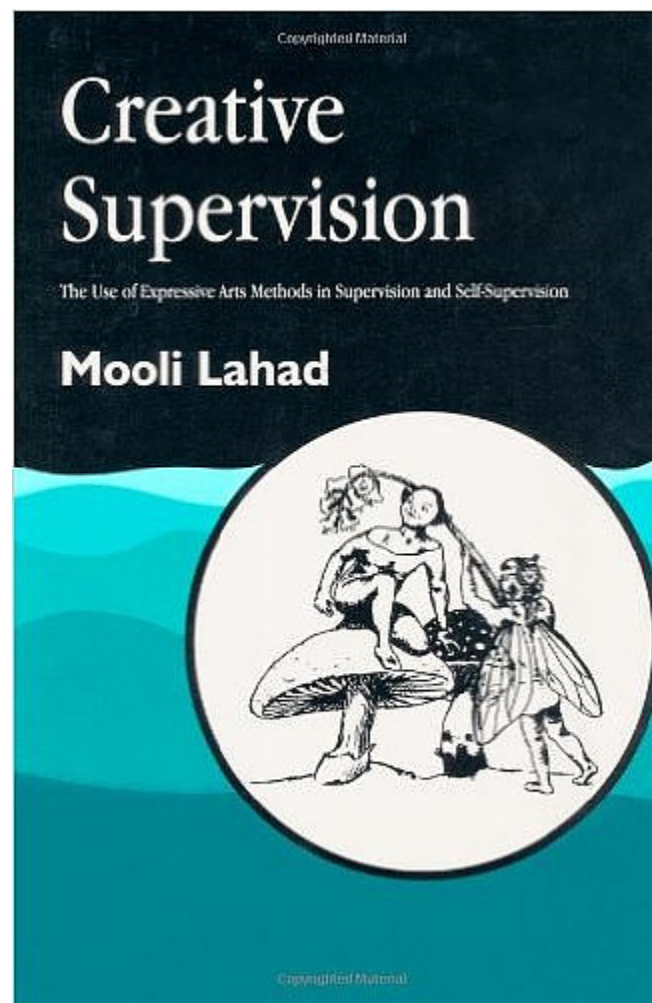


onlinevents

Recommended Reading



Click the image for more details



Click the image for more details

Connect with Mel

www.meljriley.co.uk

info@meljriley.co.uk



Follow Mel on Twitter



Mel Riley Counselling



Connect with Mel on LinkedIn

Click on the links above



onlinevents

Watch Again

All events are added to Onlineevents Online Library

Click below to choose your membership
(30 days free trial comes with the Monthly membership)

Student Membership

Free
while training

- Register for events
- View events live
- View archived events

SIGNUP

30 Days Access

£9.99
1 Payment

- Register for events
- View events live
- View Archived Events
- CPD Certificates
- 30 Days Access
- 1 Payment Only

SIGN UP

Monthly Membership

£5.99
per month

- Register for events
- View events live
- View archived events
- CPD Certificates
- First Month Free
- No Contract
- Cancel Anytime

SIGNUP

Annual Membership

£49.99
per year

- Register for events
- View events live
- View archived events
- CPD Certificates
- 12 months for less than the price of 10
- No Contract
- Cancel Anytime

SIGNUP



Connect with Onlinevents

Click the images below



Find us on
Facebook

Click [HERE](#) to join our FB group



John



Sandra



Onlinevents Company page



John



Sandra



onlinevents

Learning Together Online

www.onlinevents.co.uk