

# #CYP Using Therapy Skills Outside the Therapy Room

- Sarie Taylor, Sue Cleaver, & Jacci Jones



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# About Parent Plus



**Jacci Jones** is also well into her Transactional Analysis Psychotherapy training and thoroughly enjoying it, despite having to work so hard and endure her own personal therapy every week!

Jacci also has a private practice in Manchester one day a week. Jacci has been a foster carer for 13 years and has been involved with training other foster carers, as well as working in a variety of educational and parenting settings, including a huge repertoire of training she has completed as well as delivered.



**Sue Cleaver** is well known and well loved for her acting career. Sue has completed three years of her training to become a Transactional Analysis Psychotherapist. More importantly than anything else, Sue brings her experience as a mum to Elliot, who is now an adult himself! Sue has experienced the 'ups and downs' of bringing up a child, especially the wonderful teenage years.

Sue's training and experience as an actress, now in conjunction with her psychotherapy training, means that she has expansive knowledge; particularly in relation to body language and techniques that would play a huge part in building self-esteem and confidence.



**Sarie Taylor** has completed her 4 year diploma in Transactional Analysis Psychotherapy and is now working towards becoming a Certified Transactional Analyst. Sarie has a thriving, full-time practice, working with families, couples, children & adolescents, as well as individual adult clients. Sarie also provides training for Parents & Teachers in areas from 'managing anxiety in children and yourselves' to 'developing your practice,' to help other therapists build up successful practices.

Sarie's background has been mainly within the Criminal Justice Services, delivering CBT (Cognitive Behavioural Therapy) group sessions and is still involved in working with adolescents in a residential setting, using a DBT (Dialectical Behaviour Therapy) framework, with young people. Sarie also has a young daughter who is turning 8 years old this year, and so is experiencing the early stages of a child's development and looking forward to the years to come!

# Event Details

We will talk about how we are looking at different ways of using our various training and experience to offer training and support outside the therapy room.

Parent-plus is still in its infancy, we launched in March last year after we came together through a mutual interest in issues we all face as Parents and being passionate about making psychotherapy more accessible to a wider community and to those that ordinarily may not find it accessible to them.

This along with being three busy working mums has lead to us looking at ways we can combine our therapeutic skills, life experience and love of psychotherapy to help and support others.

[www.parent-plus.co.uk](http://www.parent-plus.co.uk)



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# Blog

## How to build self esteem in your children?

Ok, so the first question I would like to answer is a very common question that we are getting asked on our facebook page and via our website :)

How do you build self esteem and confidence in children?

There are so many different explanations and descriptions of what self esteem actually is and I am sure we would all have our own take on it, but its important to agree on what it is before I answer the question.

If a psychotherapy client asked me to help them get 'more self esteem' or 'confidence' I would ask them what this meant, and often they don't really know. I would then ask them to describe how they will know when they have got there, and that when they are more confident, what will be different about them? Will they think or feel differently? So what would your answer be to this?

So, even with this bit of information it highlights, that we need to consider when we say we want to increase our child's self esteem, firstly, what do we actually mean and how will we know when its happened. This is just something to be mindful of.

**So what actually is self esteem, well the way I see it and understand it as a psychotherapist and as a mum is, to have self esteem, is to have a much stronger 'sense of self', knowing and understanding yourself and more importantly being 'ok' with it.**

**So if we translate this into developing our children's self esteem we aim to give them a better understanding of themselves. A well known psychotherapist, Richard Erskine, talks about the four domains of the self which, in no particular order, are as follows.....**

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