



The Exchange specialises in providing psychological support to children and their families. Our therapeutic interventions focus on helping children and parents develop the psychological resources that they need to strengthen their resilience.

## What can we HELP With?

Children and families struggling with:

Mild to moderate mental health/anxiety issues

Social Isolation

Emotional Regulation



Rhaglen Trawsnewid y Blynyddoedd Cynnar Cwm Taf

Cwm Taf Morgannwg Early Years Transformation Programme

## The Referral Process



### HOW DOES IT WORK?

**SUPPORT FOR families with Children aged 2-7 years**

- Working collaboratively with the family, identify a resilience programme that is suitable to their needs. The guide below will help you understand more about our programmes. If you want to discuss this with us prior to making a referral call our project lead Danni on **03302 020 283** who will be happy to help. We can work with the child individually, the parent individually or the family as a whole. Let us know on the referral submission.
- All referrals are received instantly, we will make an initial call to the family and set up a first appointment
- We measure progress and share individual outcomes with relevant services (agreed with the family)



Working in partnership with



Rhaglen  
Trawsnewid  
y Blynyddoedd  
Cynnar Cwm Taf

Cwm Taf  
Morgannwg  
Early Years  
Transformation  
Programme



GIG  
CYMRU  
NHS  
WALES



# RESILIENCE BUILDING SUPPORT PROGRAMMES

Sessions are 50 minutes long and each programme uses a variety of different mediums to respond to the age and stage of the child as well as the engagement needs of the family.

**Families where the parents are struggling to cope with managing behaviour of a 2-7 year old (but for whom parenting support would not be effective).**

**The Clove (Caterpillar to Butterfly)** programme is a 6 session programme delivered weekly, and designed to nurture the 3 dimensions of resilience through a 6 step process using 6 key resilience building principles. This is achieved best by working with the whole family through a range of creative and imaginative activities.

The outcomes are defined by the 3 key areas of resilience;

**I have: Belonginess** (external resources)

**I am: Development of Self** (internal resources)

**I can: Interaction with Others** (social resources)



**Key to Me** is an 8 session programme delivered weekly and is designed to support parents to support the emotional development needs of their child. The-exchange seeks to look beyond the presenting issue (bad behaviour) and address the underlying emotional needs of the child. Parents are engaged in resilience building activities which offer a therapeutic benefit to their identity and confidence in being a parent and learn how to use the activities at home to support their child.

Key to Me targets internal psychological resources that are critically developing and has 5 key outcomes.

- **Build self-esteem**
- **Nurture self-confidence**
- **Promote optimistic mindsets**
- **Develop positive traits**
- **Create a positive view of self**



03302 020 283  
EXCHANGE-COUNSELLING.COM

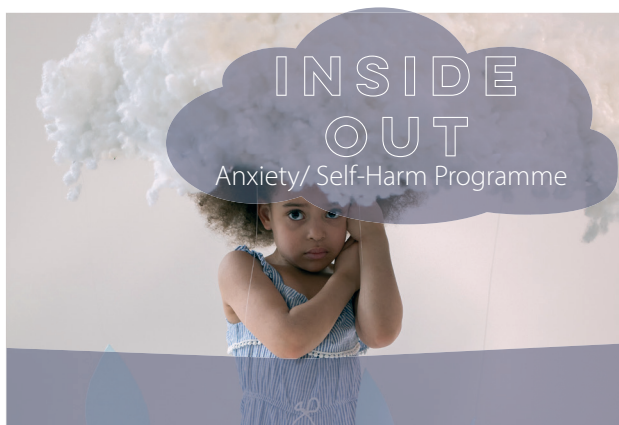
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**For mild to moderate mental health/anxiety issues The Exchange provides 2 programmes; Inside Out and Dragon Mountain.**

**Inside Outside** is a 6 session programme delivered weekly which aims to help children and families to learn fun ways of managing stress, anxiety, and emotional pain. The programme includes a series of creative activities which support the development of specific resilience resources.



These programmes have 5 key outcomes:

- **Develop Emotional Intelligence and Empathy**
- **Promote Emotional-Regulation**
- **Build Optimism**
- **Develop Self- understanding (reflectiveness)**
- **Build Self-Esteem**

**Dragon Mountain** is a 6 session programme delivered weekly.

It is a mindfulness based programme which aims to support children and families to develop a healthy attitude towards dealing with challenges, grow confidence in their ability to manage difficult feelings and learn emotional regulation techniques that can be repeated at home.



**Families (with children aged 2-7 years) which are considered to be isolated from either peer or family support.**

Where families are experiencing conflict, breakdown and/ isolation The Exchange can provide **I Matter** which responds to relationship struggles and **The Adventure** which responds to transition and change in relationships.

These programmes have 6 key outcomes:

- **Promote Autonomy**
- **Restore Sense of Security**
- **Build Self-Confidence**
- **Develop Skills to Communicate**
- **Build Optimism**



**I Matter**

Breakdown of family relationships is hard for everyone involved. I Matter is designed to help support children through the breakdown of family relationships and has been created to help the child make sense of the world which is changing around them.