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MENU OF SERVICES

Who are KidsAid?

KidsAid is a local charity supporting children and young people aged 3-18 years across Northamptonshire and surrounding areas who have experienced trauma. We provide therapeutic support to young people struggling with family breakdown, attachment, illness, and bereavement through to anxiety, bullying and behavioural difficulties, as well as domestic violence, neglect, and abuse.

Our aim is to provide early intervention in the form of creative therapies to support children and young people to lead healthier, happier and more fulfilling lives and to ensure early years' trauma does not manifest in later life, causing more serious problems in the future.



Therapeutic Services Provided

KidsAid provides long-term individual interventions for children who have experienced trauma, as our outcomes continue to prove that this helps to make a positive and lasting difference to the young people we work with. We offer a range of creative therapies including:

- **Art Therapy**
- **Dance Movement Psychotherapy**
- **Dramatherapy**
- **Play Therapy**
- **Creative Therapy**
- **Talking Therapy**



In addition, KidsAid provides shorter-term interventions for young people with low-level needs where directive work may be more appropriate.

We also deliver wellbeing workshops and group therapy sessions.

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Art Therapy

Art Therapy offers service users the opportunity to communicate and express themselves using a variety of art mediums. The Art Therapist works creatively with the client to develop a therapeutic relationship so that thoughts and feelings can be explored within a safe environment. Through this process the service users are able to develop greater self-awareness, therefore enabling change to occur.

Art Therapy is not reliant upon the use of words and is a three-way process between the client, therapist and image. Art Therapy has a special role amongst many disciplines, when accessing repressed and dissociative feelings. Overall, Art Therapy seeks to build clients emotional resilience and promote their general wellbeing to help the client reach their full potential.



Dance Movement Psychotherapy

Dance Movement Psychotherapy (DMP) explores body movement as a tool of communication. DMP focuses on body/mind connection: how movement affects and reflects our patterns of being, thinking, feeling, and relating.

Combining spontaneous movement, play, art, music and verbalisation, DMP helps integrate emotional and psychological response to current or past experiences through focus on body felt-sense, metaphor, and symbolic representation.

During sessions, the therapist assesses body language, non-verbal behaviour, and emotional expression and develops interventions addressing individual client needs.



Dramatherapy

Dramatherapy is a type of psychotherapy that allows the client to explore emotional difficulties through the medium of drama.

Dramatherapy uses story, character, music and play to explore complex issues that individuals may find hard to express verbally.

Drama therapy allows individuals to connect to their internal worlds and express themselves through creativity, play and metaphor, allowing the individual to feel heard and understood without feeling vulnerable, which leads to psychological, emotional and social changes



Play Therapy

Play Therapy is a therapeutic intervention for young people between the ages of three and fourteen, although it can be adapted for older people with special needs or young adults.

Play Therapists work mainly in a non-directive way, meaning that the client directs the play.

During sessions, the therapist follows the client's play, reflecting feelings and emotions and limit setting when necessary.

Play Therapy allows the client to process their trauma by projecting their experiences onto the toys which keeps them at a safe psychological distance from past trauma whilst supporting them to process their lived experiences.



Creative Therapy

Creative Therapy supports individuals through the integration of creativity and talking techniques which is combined to meet the client's needs.

For younger clients, non-verbal expression is used as a form of communication. This combines creative movement to help provide clarity with thoughts and feelings to discover a sense of self.

Using creativity such as art, play and music can help provide children with a safe environment to feel comfortable with being themselves.

In the sessions, the client can play freely in an expressive and open way which allows them to build a solid foundation for a non-judgmental relationship with their therapist.



Talking Therapy

Talking therapy is aimed at older children, young people or adults and allows individuals to explore different life experiences and make connections between trauma, thoughts and behaviours, allowing change to occur.

Group Therapy

Group therapy is delivered to groups of up to 6 individuals of similar ages, struggling with similar needs, including anxiety, depression, isolation, bullying, and domestic violence.

Group therapy is suitable for children, young people or adults. Group therapy is particularly helpful in facilitating the giving and receiving of support, helping individuals to feel less alone and building a sense of community.



Wellbeing Workshops

The wellbeing workshops we deliver range from one-off sessions to a course of sessions running over a period of several weeks.

Workshop themes might include parent and child attachment, healthy relationships, self-esteem, self-care, digital wellbeing, mindfulness or anxiety management, for example.

The workshops are tailor-made to suit the needs of the individuals or groups we work with.



Cost of Therapeutic Support

The cost of therapeutic support for a young person or family is quoted on a case-by-case basis, depending on the trauma experienced and the presenting difficulties of the young person being referred to us.

We also provide bespoke and cost-effective therapeutic packages for schools and other organisations supporting young people who may wish to refer more than one child.

Where packages are designed to support children in a school for a half-day, whole day or two full days, KidsAid will also provide staff with trauma-informed CPD for free.

For more information about how we work, to receive a quote or to make a referral, please contact:

info@kidsaid.org.uk



Supporting Parents and Professionals

KidsAid encourages a systemic, integrative approach of working with family members and professionals as this underpins the therapies we provide to children. We therefore offer the following therapies and psychoeducation to parents, carers and other relevant professionals, including:

Parent Counselling

Attachment Therapy

Direct Parenting Intervention and Support

Family Therapy

Psychoeducation to Parents/Carers

Psychoeducation and Trauma Informed CPD for Professionals





Testimonials

“When I first started my therapy I was scared but after a while I started to like it. My therapist helped me to think about things and I feel safer and happier now.”

Child



“He seems to be calmer and more trusting of adults now. He is more able to talk about feelings without getting so angry.”

School



“KidsAid have been amazing for my daughter. I have seen nothing but a positive outcome. Keep up the brilliant work! And a massive thank you for your help!”

Parent



“I felt blue and now I feel bright green!”

Child





“The KidsAid team are always helpful and responsive to the child's needs.”

School

“We had such a lovely experience. My son grew a strong bond with his therapist, and it is lovely to see how much he has grown from his sessions. His world has become larger. I cannot thank you enough.”

Parent



“I understand things better now and I feel calmer. I know myself better than before. I like who I am.”

Child

“My daughter has got her spirit back and feels joy again! Thank you for all you do. KidsAid has been life changing for us.”

Parent



“Group therapy allowed the children to express themselves without any set expectation, judgment or fear of failure. I have seen each child's confidence grow and the children have all become close friends.”

School