



ANDERIDA ADOLESCENT CARE

THERAPEUTIC APPROACHES AND CLINICAL PSYCHOLOGY SERVICES

KERRY SHOESMITH (MSC CBT & MENTAL HEALTH)

Kerry Shoesmith is a qualified Cognitive Behavioral Therapist (CBT) and delivers several in-house therapeutic sessions to include:

- Group child focused workshops
- Individual therapeutic supervision
- 1-1 therapy with children and young people
- 1-1 CBT Supervision/therapy sessions for staff

Kerry had an early professional background in youth and community work which included working at youth clubs, drop-in centers for young people and foyers. Kerry also worked as a volunteer for victim support and youth advocacy. In 2001 she began working in residential care, progressing through various roles and qualifications. In 2006, as an A1 Assessor, Kerry took on responsibility for the organisation's training and development of staff, also undertaking NVQ assessments. Now Director of Training and Care, Kerry facilitates and delivers training and sessions to the staff team and is an IQA for Anderida Assessment Centre, where staff complete their Level 3 and 5 diplomas.

Kerry developed an interest in Cognitive Behavior Therapy (CBT) in 2010 as a tool for understanding the complex needs of the young people.

Kerry supports the care team to utilize a CBT model to identify underlying thoughts and feelings to maladaptive patterns of behavior. With this understanding the team is better equipped to develop effective strategies to helping the young people to cope in healthier ways and overcome barriers to achieving their goals.

Kerry holds the following qualifications: NVQ3 CCYP, NVQ4 CCYP, NVQ4: Management, A1 Award, V1 Award, Certificate in CBT, MSc in CBT and Mental Health, NLP Practitioner, NVR Accredited Practitioner and holds a Diploma in Re-Attach. Work with young people is informed by Dyadic Developmental Therapy. Kerry also receives monthly supervision from Dr Peter Jakob, Clinical Psychologist or Julie Oates Specialist Systemic Family Therapist.

ANDREW CHALK

NVQ Level 3 CCYP

Diploma Level 5 in Leadership and Management in Health and Social Care

NVR Certificated Practitioner

Reattach Diploma

Diploma in Transactional Analysis (in process)

Andrew has been a part of Anderida for 12 years and worked in various roles to include Managing a home, during the two years he managed the home under Ofsted they achieved a rating of 'Outstanding'. Through Andrew's time at Anderida he developed an interest in psychotherapy and has been pursuing a qualification Transactional Analysis.

Andrew is a psychotherapist in advanced training in Transactional Analysis and able to offer counselling in this model. He is also trained in re-attach and delivering this intervention as a trainee; re-attach is a multi-sensory model of non-talking therapy. Andrew has trained in "Working therapeutically outdoors" and is a Certificated Practitioner in Non- Violent Resistance.

Andrew provides;

Therapeutic 1-1 support to staff, to assist them in their mentoring role

1-1 counselling to young people.

Andrew is supervised by Kerry Shoesmith under Anderida Care.

Andrew receives supplementary supervision under the TA model outside of Anderida under the UKATA.

Julie Oates

Julie Oates is a Family and Systemic Psychotherapist and Systemic Supervisor, registered with the Association for Family Therapy and Systemic Practice (AFT) and the UK Council for Psychotherapy (UKCP). Julie Oates is an advanced level practitioner of Non-Violent Resistance (NVR) and an Associate of Partnership Projects UK, the organisation founded by Dr. Peter Jakob, to provide training and therapy in NVR in the UK.

Julie has 36 years' experience of working with children, young people and families, in hospitals, schools and the Youth Offending Service, and has been in a specialist CAMHS setting for the last 11 years.

Julie provides;

- Monthly clinical supervision to the home's manager.
- Regular consultation workshops with the care teams focussing on the young person's psychological needs and management.

DR PETER JAKOB

Anderida Adolescent Care works closely with Dr Peter Jakob, a Consultant Clinical Psychologist (PHD in Clinical Psychology, equivalent of BA Hons in Social Work, Int Baccalaureate, Systemic/Family Therapist, Accredited Clinical Psychologist-Psychotherapist). Dr Jakob is chartered with the British

Psychological Society and Registered Practicing Psychologist HCPC, and has worked in the United Kingdom, Germany and the United States of America. He has worked extensively within NHS child and adolescent mental health services (CAMHS) and in private practice, and specialises in working with young people in care who present with complex emotional and behavioural difficulties. His last two positions in the NHS were Head of East Kent Clinical Psychology Services for Children, Adolescents and Families, and Lead for Complex Cases, East Sussex CAMHS. Dr Jakob has been credited with introducing Non-Violent Resistance to the United Kingdom and undertakes regular training sessions with our staff team.

Dr Jakob offers our homes a range of clinical psychology services, and a tailored package of psychological input is developed at the start of a young person's placement, in close liaison with the home manager and the young person. Our in-house clinical psychology service includes:

- Clinical consultation for the developing fostering service.
- Psychological assessment of the young person as required and appropriate – of therapeutic needs, mental health, IQ, learning disability, educational needs, risk to self and others, offending behaviour, developmental disorders, and personality.
- Weekly individual therapy for the young person as required and appropriate (including cognitive behavioural therapy, trauma-focussed therapy, EMDR, solution-focussed therapy/narrative therapy and integrative psychotherapy).
- Systemic (family) therapy where appropriate.
- Attendance and consultation at relevant professionals' meetings.
- Assessment, progress and discharge reports are made available to the unit manager and social worker.
- Training, promotion and facilitation of Non-Violent Resistance (NVR).

Dr Jakob receives his own clinical supervision monthly from a consultant clinical psychologist, this includes reciprocal supervision arrangements with associates at Partnership Projects and with international colleagues.

Referrals

Young people who are already within our service and whom are willing to engage with individual therapy, will be referred to the therapist who appears to be the best match. The home should complete the referral form. Young people have an element of personal choice in who they see, providing the therapist is competent to meet their needs. Some young people may request to see a therapist outside of Anderida, in these instances where there is a valid reason for doing so, this will be accommodated.

Staff can self refer for 1-1 therapeutic supervision and will be offered up to four sessions, with the possibility of extending this by further four upon review. To self-refer they should contact Kerry Shoemith (director of Care and Therapeutic Lead) who will discuss who is the most appropriate support.

Anderida can accept referrals for therapy outside of the young people within their school and residential services, private referrals are processed in line with this policy.

Commissioning

All therapeutic work commissioned through Anderida services is managed under the umbrella of Anderida. Communication between therapist and Locals Authorities/outside professionals with regards to the support offered must be transparent and open, including relevant professionals within Anderida.

Should a client wish to continue to see a therapist or receive therapeutic support from an Anderida commissioned practitioner, outside of Anderida services this must be explicitly agreed by Anderida directors, unless this follows is a minimum of a six-month break between client and Anderida therapist.

Cancellations

Therapy and therapeutic supervision support is financially invested in by Anderida. It is individual's responsibility to meet their commitment to attend once booked.

Sometimes staff may try to book for therapeutic supervision during their shift at work, whilst this acceptable if situations change at work, it is incumbent on the staff member to try and find a solution so they can still attend. Where this unresolvable the therapist must be notified at the earliest availability. In all other circumstance 24 hrs minimum is required for cancellations and a legitimate reason for cancelling. Failure to follow the above will result in full costs for Adults and a contribution to costs for young people.

Confidentiality & Notes

Confidentiality within the therapeutic supervision for staff and direct therapy for young people is 'negotiated confidentiality'. This means that whilst we hold discussion privately and personal disclosures would not be shared, where there is a need to pass on issues of concern surrounding staff or young people (inclusive of safeguarding) this will be fed back to Directors in the organisation.

There may be times where therapists will use their understanding of young people gained through therapy to therapeutically guide the care plan and their support. Brief summaries of progress and reports of therapy for young people may be requested by Anderida and the Local Authority, these will be shared with young people in advance, for confirmation they are in agreement with the information shared.

Therapists will take notes during and following sessions, these are to assist with the therapy and therapeutic supervision, e.g. areas we have covered for our reference and plans for the next sessions. Individuals own these notes and can have access to them at any point. At the end of the therapy or therapeutic supervision, they have the option to take their notes or to leave them with the therapist. All notes left with the therapist or whilst individuals are undertaking therapy, are kept in a locked filing cabinet that only the therapist has access to. Therapists will destroy unrequested notes, and details of Individuals accessing the service after 5 years. Emails will be destroyed unless they have therapeutic content, in which case,

they will be added to the notes.

Alongside this, therapists keep a legal log of therapy and main issues covered. This is anonymized and would only be shared if their practice was being inspected. They will keep a record of personal details, to help their practice run smoothly. These details are kept securely with the notes and are not shared with any third party. Therapeutic Data Protection is in line with Anderida GDPR Policy, which can be accessed through the website.

Clinical supervision notes for managers are held on their personal file and by the clinical supervisor in line with Anderida supervision policies.

Therapeutic supervision is recorded on one form to outline, goals, purpose approaches used, any feedback supervisees wish to make. On completion is kept on the individual's personal file.

SUPPORTING POLICIES

- Therapeutic Non-Violent Resistance Policy & Procedure