

Associate

BETHAN STRACY-BURBRIDGE



“Everything you do in the classroom and, importantly, everything you don’t do makes a difference”

‘We have two Art Therapists and, if I could afford it, we’d have more!’ This is what head of Springwell Special School Dave Whitaker revealed in a meeting recently, such is the power of the practice to help us understand even our most challenging children.

Art Therapy is a powerful tool that helps children open up and communicate in a non-verbal way so we can better understand why they do what they do – and how we can help them change their behaviours.

Bethan has the experience and expertise to support teachers in all sorts of schools to use Art Therapy as a way of helping get the best out of even our most troubled children.

She has worked with young people through Sure Start and Child and Adolescent Mental Health Services as well as supporting psychiatrists in their assessments and working on multidisciplinary teams alongside psychiatric nurses and social workers.

Bethan is HCPC (Health Care Professions Council) registered (number AS14752). This is important due to the fact that this is a legal requirement of any practicing Art Therapist and organisations can be potentially in trouble if they are employing non-registered therapists. She doesn’t think this is a massive problem as she won’t be actually doing therapy with the children, but still worth noting if you are wanting to avoid the ‘dark side’.

She is a member of the professional body called BAAT (British Association of Art Therapists) and also co-ordinates the Region 9 group of 80 or so Art Therapists that cover Derbyshire, Staffordshire and Lincolnshire.

Feedback from recent events include:

“Great workshops and facilitation. Enjoyed the activity and discussion as that made the explanations come alive and be real application. Thank you”

“Sometimes we forget how scary it can be to experience change through a child’s eyes, especially if their inner world is already unsettled and destabilised” - There is Another Way

“Excellent workshop by a very knowledgeable lady”

“It was very helpful preparation at this stage in training to hear what Bethan had to say, her honesty and positivity were both helpful and inspiring”

Books written by Bethan Stracy-Burbridge:

- *There is Another Way* (contributor)

Bethan has been with Independent Thinking since May 2014.

All Independent Thinking Associates are DBS checked.

See our website:
www.independentthinking.co.uk
for more information.