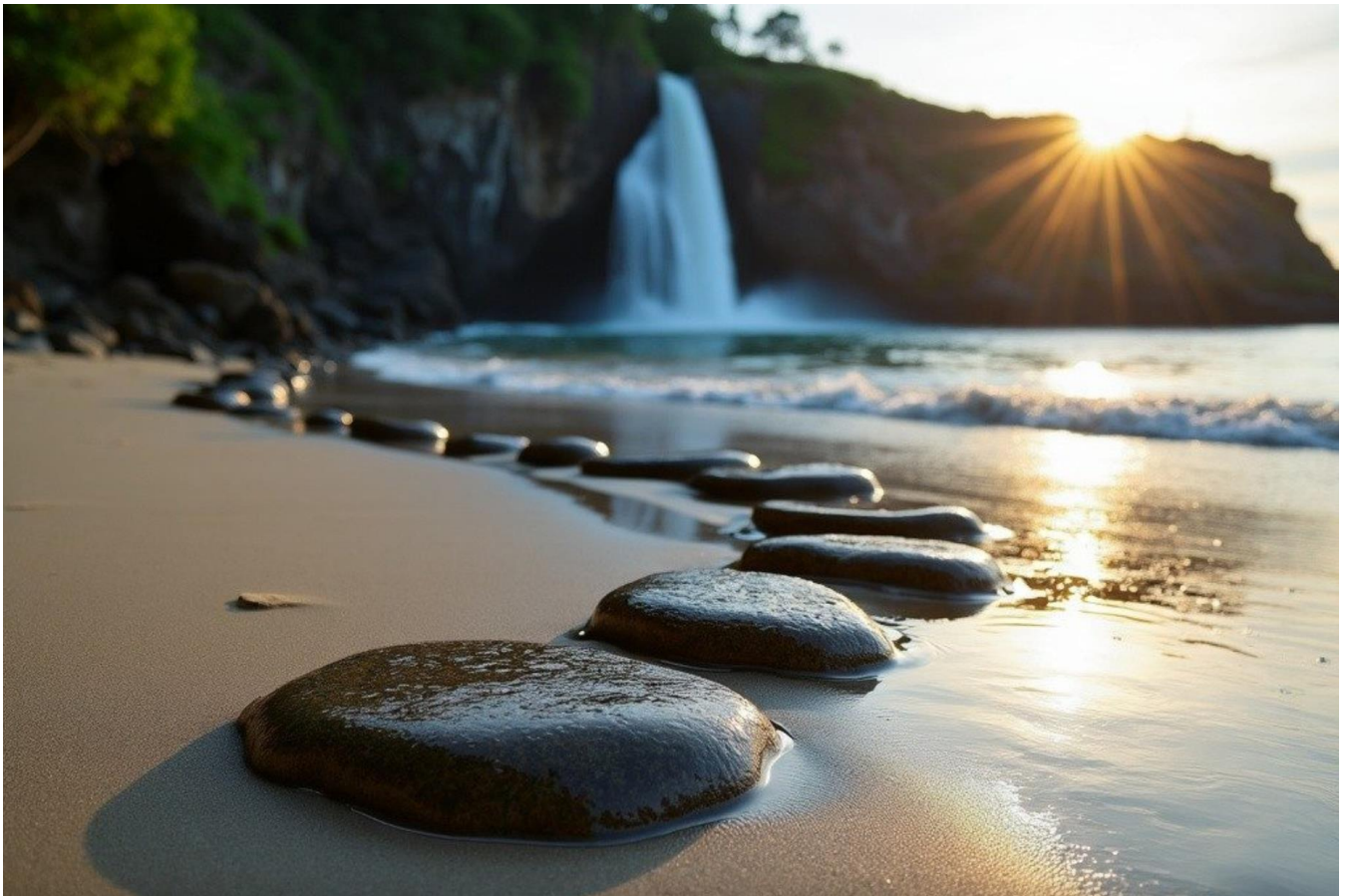




Chrystal Therapy

Specialist Counselling for Schools
Supporting children, young people and families



A space to be understood

Therapy that respects your individuality
and supports you at your own pace

CHRYSTAL THERAPY

Specialist care grounded in experience

Chrystal Therapy provides specialist counselling and psychotherapy for children and young people in schools. We support autistic pupils and pupils with ADHD, alongside pupils experiencing anxiety, trauma, emotional overwhelm and other difficulties affecting wellbeing.

Founded by Venise, a BACP-accredited counsellor and psychotherapist, MBACP (Accred), and an advanced clinical supervisor. Her experience spans schools, colleges and private practice, with a particular focus on autism, ADHD and emotional wellbeing.

Her experience in primary and secondary schools, working alongside SENCOs and pastoral professionals, informs her understanding of the pressures facing pupils and families, and the links between emotional wellbeing, learning and the school environment.

Our team

Our qualified, DBS-checked counsellors have appropriate training and professional experience working with children and young people. Practitioners are registered with recognised professional bodies, such as BACP or UKCP, and our team includes accredited practitioners. Clinical supervision, safeguarding and ongoing development support our work.

Our approach

- **Individualised**
Support adapted to each pupil's strengths, needs and pace.
- **Neurodiversity-affirming**
Respecting identity, communication preferences and sensory needs.
- **Safeguarding-aware**
Clear boundaries, consent and appropriate responses to concerns.
- **Collaborative**
Working with pupils and, where appropriate, families and professionals.

Support at different stages of life

Children and young people

We support children and young people aged 9 to 25, privately and across schools, colleges and universities. Support may focus on school anxiety, bullying, family changes, identity, communication, emotional regulation and the transition into adulthood.

Sessions are adapted to age and developmental stage. Where appropriate, we work with parents and carers so that support can extend beyond the therapy room, while respecting the young person's privacy and explaining confidentiality and safeguarding boundaries.

Autism and ADHD

Therapy can offer space to explore identity, relationships, emotional regulation, overwhelm and self-esteem. We support autistic pupils and pupils with ADHD in understanding their needs and finding strategies that fit their everyday lives, before and after diagnosis.

Anxiety and emotional wellbeing

We support pupils experiencing persistent worry, panic, social anxiety, low mood, stress and emotional overwhelm. Sessions explore triggers and develop practical coping strategies.

Trauma and loss

We offer counselling for trauma and PTSD, grief, bereavement and difficult life experiences. Work is paced around the pupil's needs, with attention to safety, choice and the therapeutic relationship.

Self-harm and emotional regulation

We provide support around self-harm and emotional regulation, with a focus on safety, choice and helping pupils develop ways of managing distress.

An integrative therapeutic approach

Our work draws on person-centred, psychodynamic and CBT-informed approaches to support self-understanding, emotional regulation and confidence. We recognise the impact of masking, sensory demands and feeling misunderstood.

A specialist therapeutic pathway for children and young people

What Chrystal Therapy offers schools

Our specialist neurodiversity-affirming counselling complements school pastoral and SEND provision. We welcome discussions with schools about referrals and support for pupils experiencing anxiety, emotional overwhelm or challenges associated with autism and ADHD.

- Individual therapeutic support shaped around communication, developmental stage and need.
- Experience of working with children and young people across schools, colleges and universities.
- Understanding of masking, sensory demands, education anxiety and emotional overwhelm.
- Collaborative working with families, SENCOs, pastoral teams and other appropriate professionals.
- Clear clinical supervision, professional accountability and safeguarding practice.

Working with schools

We agree referrals, session arrangements and progress reviews with each school, placing the pupil's voice at the centre. Every pupil receives a comprehensive risk assessment, reviewed throughout counselling. Where appropriate, we liaise with GPs, CAMHS and children's social care, within consent, confidentiality and safeguarding requirements.

Safeguarding and confidentiality

We explain consent, confidentiality and its limits before therapy begins. We agree information-sharing boundaries and escalation procedures with each school, and liaise with the school DSL and appropriate services when safeguarding or legal obligations require it. Our work is guided by the BACP Ethical Framework for the Counselling Professions, alongside clinical supervision and safeguarding procedures.

We treat personal information and therapy discussions with care. We discuss necessary sharing wherever possible. For details, see www.chrystaltherapy.com/privacy-policy/.

Discuss support for your school

We welcome a conversation about your pupils' needs and how Chrystal Therapy can complement your school's pastoral and SEND support. We offer face-to-face counselling across Worcestershire and the West Midlands, and remote counselling online throughout the UK, subject to suitability and availability.

01905 795 299 | info@chrystaltherapy.com | www.chrystaltherapy.com