

# Menu of Services



**Broad Horizons** is based in its own therapeutic centre close to the centre of Northampton. Our premises are designed to create a purpose-built environment to offer a range of therapeutic services. We have 5 individual therapy rooms available daily from Monday to Friday 9 am – 5 pm. Each room is fully equipped with an extensive range of resources whilst maintaining a quiet, calm and therapeutic space to meet the needs of everyone who attends the centre.

At **Broad Horizons** we recognise the importance of the therapeutic space. We are proud to deliver all our therapy from our clinical base which has been designed to create the confidentiality, safe and therapeutic space that is required for the nature of the work that we deliver. We can also offer online therapy sessions when it is clinically appropriate to do so.

**Broad Horizons** model is firmly based in the importance of offering therapeutic support to our clients that goes beyond 50 minutes in the therapy room. We work with the team round the child whilst respecting confidentiality. Our aim is to ensure a joined up and consistent package of support to all our clients ensuring we provide best outcomes for all our clients

Broad Horizons welcomes referrals from all professionals and self-referrals from adults and parents and carers of children and young people.

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## **Integrative Trauma and Dissociation Therapy – DDP and DARTS Informed.**

40 sessions plus 4 Multi Agency Liaison and Review Hours and 6 Therapeutic Parent Support Sessions

Trauma and Dissociation Informed Therapy is designed to enable the child to process past trauma freeing them from traumatic memories of physiological responses including hyper arousal, hypo arousal, dysregulation and dissociation. This package comprises working through the three stages of Trauma processing protocols and considers the 5 Pillars of the 'Relational DARTS' Model (Dissociation, Attachment, Resilience, trauma and Shame) as well as Integrating Principles of the DDP Model (Dyadic Developmental Psychotherapy)

### **Stabilization**

This phase will involve parents or carers supporting a program of interventions for the child, to develop attachment emotional regulation and relaxation. Alongside this the child will be introduced to the therapeutic process and the therapeutic relationship. Work in developing attachment and a sense of security is a key aspect of this phase. This work will need to take place to prepare the child and family for the trauma processing phase.

### **Trauma Processing for Child**

This work will involve the child working intensively firstly at developing a sense of self and safety and then processing past traumatic experiences and constructing a trauma narrative. The trauma will be processed using trauma protocols and will draw on a number of tools to process including Bi Lateral stimulation, play, art and talking.

### **Reconnection and Moving On**

During this phase of the work focus will be drawn on helping the child move to a place of normality. Unresolved patterns of behaviour that have not been redressed will be explored alongside revisiting and reaffirming the child's sense of self, coping strategies and a sense of safety moving forward. Parents and carers will also be given a program of out of session

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interventions to re build any developmental gaps that the child may have experienced due to the previous psychological preoccupation of the trauma.

### Who may benefit from this intervention?

Children and young people that have experienced developmental and relational trauma. This is appropriate for children who are Adopted, In care and Looked after or who have experienced abusive and neglectful parenting.

## Integrative Trauma and Dissociation Therapy for Adults- DARTS Informed.

40 sessions or blocks of 24

Trauma and Dissociation Informed Therapy is designed to enable the client to process past trauma freeing them from traumatic memories of physiological responses including hyper arousal, hypo arousal, dysregulation and dissociation. This package comprises working through the three stages of Trauma processing protocols and considers the 5 Pillars of the 'Relational DARTS' Model (Dissociation, Attachment, Resilience, trauma and Shame)

### Stabilization

This phase will involve parents or carers supporting a program of interventions for the child, to develop attachment emotional regulation and relaxation. Alongside this the child will be introduced to the therapeutic process and the therapeutic relationship. Work in developing attachment and a sense of security is a key aspect of this phase. This work will need to take place to prepare the child and family for the trauma processing phase.

### Trauma Processing for Child

This work will involve the child working intensively firstly at developing a sense of self and safety and then processing past traumatic experiences and constructing a trauma narrative.

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The trauma will be processed using trauma protocols and will draw on a number of tools to process including Bi Lateral stimulation, play, art and talking.

### Reconnection and Moving On

During this phase of the work focus will be drawn on helping the child move to a place of normality. Unresolved patterns of behaviour that have not been redressed will be explored alongside revisiting and reaffirming the child's sense of self, coping strategies and a sense of safety moving forward. Parents and carers will also be given a program of out of session interventions to re build any developmental gaps that the child may have experienced due to the previous psychological preoccupation of the trauma.

### Who may benefit from this intervention

Adults that have experienced trauma. The trauma may be a singular event or a combination of multiple events or relational trauma such as domestic abuse. Clients may or may not have an existing diagnosis of PTSD, Complex PTSD or Developmental Trauma.

### Therapeutic Parenting – DDP and DARTS informed

Blocks of 6, 12, 18 or 24 sessions available

These sessions are designed to support parents or carers in the preparation for the children they care for going into and through individual therapy. The sessions look at therapeutic parenting skills and strategies alongside psychoeducation on the 5 Pillars of the DARTS and DDP models. There is also space to support the parents with their own emotional process and address issues resulting from Blocked Care and Compassion fatigue.

### Who may benefit from this intervention

Adoptive parents  
Foster carers

Guardians

People who parent traumatised children

## Individual Therapeutic life story processing

40 sessions plus 4 Multi -agency Liaison and Review Hours and 6 Therapeutic Parenting support sessions

The focus of this package is on developing a life story/narrative with the child or young person and their parents or carers, whilst processing traumatic experiences or memories that may arise. With is package the social worker/professionals referring will be responsible for accessing and compiling the information relating to the chronology and facts about life events. The therapy will explore these events in safe and containing manner. There is not necessarily an actual “Book” created with this but a combination of pieces of work created collaboratively with the client and therapist, with the key focus of working therapeutically to enable the child or young person to develop a narrative of their history, and process any trauma, loss or other emotions that erase whilst doing the work.

### Who may benefit from this intervention

Children and young people that are Adopted, children in care and Looked after, Refugee and asylum seeking children and young people

## **Adult Psychotherapy**

Blocks of 12, 18 or 24 sessions with Multi Agency Review and Liaison hours as additional

These sessions are designed to offer generic psychotherapy to support adults with a range of emotional needs including, anxiety, depression, past trauma, family relationship disturbances, unhealthy attachments, dependencies, work related stress.

### **Who may benefit from this intervention**

Adults that have experienced a range of issues including those highlighted above.

## **Regulation and stabilization focused therapy for children and young people**

Blocks of 12, 18 or 24 sessions with Multi Agency Liaison and Review hours as additional

This intervention will involve developing a range of strategies for the child or young people. The aim of this work is to develop emotional regulation, stabilisation and relaxation. Working therapeutically through and presenting issues that may be causing destabilisation, where trauma is not the dominant cause of the destabilisation then a healthy regulated state can be maintained.

### **Who may benefit from this intervention**

Children that have experienced trauma where it is uncertain if they are ready to embark on trauma processing.

## Regulation and stabilization focused therapy for adults

Blocks of 12, 18 or 24 sessions with Multi Agency Liaison and Review hours as additional

This intervention will involve developing a range of strategies. The aim of this work is to develop emotional regulation, stabilisation, and relaxation. Working therapeutically through and presenting issues that may be causing destabilisation, where trauma is not the dominant cause of the destabilisation then a healthy regulated state can be maintained. Alternatively, this intervention can be offered to help the adult develop resources to ready them for the potential to move in to trauma processing.

### Who may benefit from this intervention

Adults that have experienced trauma where it is uncertain if they are ready to embark on trauma processing.

## Theraplay and MIM Assessment

I MIM assessment, I MIM feedback ,24 sessions.

Theraplay is an attachment focused intervention that works with the parent child dyad using play activities to focus on the following areas in order to create positive attachments between the two.

### Structure

**Purpose:** To relieve the child of the burden of maintaining control of interactions. The adult sets the limits, defines body boundaries, keeps the child safe and helps to complete the sequence of activities.

**Aim:** For the child to have further opportunities to experience adults as trustworthy and predictable.

### Engagement

**Purpose:** To establish and maintain a connection with the child, to focus on the child in an intense way and to surprise and entice the child into enjoying new experiences.

**Aim:** For the child to have further opportunities of experiencing an adult engaging with them in an exciting, surprising and stimulating, but safe way. The adult is attuned to their needs.

### Challenge

**Purpose:** To help the child feel more competent and confident by encouraging achievable risks and to accomplish an activity with adult help.

**Aim:** For the child to further experience an adult encouraging the child to grow, develop and become self-motivated. In addition, the child will become more independent.

### Nurture

**Purpose:** To reinforce that the child is worthy of care and that adults will provide care without the child having to ask.

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**Aim:** The child will have added experiences of an adult being warm, reassuring, gentle, soothing, calming and comforting.

### **Who may benefit from this intervention**

Children and young people who have experienced attachment disruptions in early life for example children who are in care, looked after, and adopted. Children whose parents have experienced postnatal depression or poor mental health during the first few years of their life

### **Play Therapy for non complex needs.**

Blocks of 12, 18 or 24 individual sessions, with Multi-agency Review and Liaison hours as additional

The play therapist works primarily through the medium of play. The play therapist uses metaphor and symbolism with the child to play out internal processes.

Paramount to all play therapy is the perception that play is the child's first language and means of expression. Children show distress in a number of ways, they may appear withdrawn, angry or disruptive, displaying eating or sleeping difficulties or struggling with relationships. Working relationally with the child in a therapy room equipped with play materials that will aid the child in their exploration of emotions.

Play therapy can help with a variety of issues including, behavioural difficulties, emotional or physical trauma, and disability. Post abuse, significant life changes such as divorce, adoption, fostering, separation & loss. Play therapy is used to assist the child or young person to explore and master emotional distress.

### **Who may benefit from this intervention**

Children with a range of emotional needs and challenging behaviours

## **Trauma Informed Play Therapy- Complex Developmental and relational Trauma**

40 individual sessions, 4 hours of Multi-agency Review and Liaisons

Trauma informed play therapy encompasses the primary principles of play therapy described above. Alongside these principals' trauma informed play therapy integrates trauma informed directive activities into the therapeutic work enabling the child to process trauma consciously and unconsciously through creative mediums.

### **Who may benefit from this intervention**

Children who have experienced trauma and are more comfortable using play or play combined with spoken word.

## **Individual CBT**

Blocks of 12, 18 or 24 sessions with Multi-agency review and liaison hours as additional

Cognitive Behavioural Therapy, which is often referred to as CBT, is a form of talking therapy. CBT is interested in how our thoughts, feelings, body sensations and beliefs interact with each other. Within the CBT model it is recognized that our thoughts will impact on our feelings and behaviours. The therapist will work with the client to set goals and desired outcomes. Through exploration the therapist and client work together at changing unhelpful thinking. CBT is interested in exploring the impact of the five areas on how the client views and makes sense of themselves, the world and others. The client develops a range of strategies with the therapist to overcome unhelpful thinking

### **Who may benefit from this intervention**

CBT has been proven to help with a range of issues such as

Anxiety

Depression

Phobias

Disordered eating

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## Individual DBT (Dialectical Behavioural Therapy)

Blocks of 12, 18 or 24 sessions with Multi-agency review and liaison hours as additional

DBT is a skills-based therapy which teaches the individual to replace old Ineffective behaviours with new effective ones. It is based on 4 Modules: Mindfulness, Distress Tolerance, Emotion regulation and Interpersonal effectiveness. The therapy requires active participation from the client and engagement with homework tasks between sessions.

### Who may benefit from this intervention

DBT is particularly helpful for those individuals who have been give a diagnosis of Unstable personality Disorder (EUPD /BPD). It's focus on skills and strategies means that it can be helpful for a range of clients and issues such as anxiety, self-harm, substance misuse, eating disorders.

## EMDR (Eye Movement Desensitization Reprocessing)

Blocks of 12, 18 or 24 sessions with Multi-agency review and liaison hours as additional

EMDR is a therapeutic approach that uses bi lateral stimulation to aid the processing of distressing information and memories. Unprocessed memories and feelings are stored in the limbic system and can be triggered when experiencing events similar to the difficult experiences an individual has gone through. The memory itself is often forgotten but the painful feelings such as panic, anger despair and anxiety are being triggered in the present time. EMDR helps to create connections between the brain's memory networks enabling the brain to process a painful memory in a natural way.

### Who may benefit from this intervention

This intervention has been proven to help both adults and children who have experienced trauma.

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## Art Therapy and Creative Therapy

Blocks of 12, 18 or 24 sessions with Multi-agency review and liaison hours as additional

Art therapy is a distinct discipline that incorporates creative methods of expression through visual art media. Art therapy participants use art to express their experiences, to find the words to articulate how they have been affected, and to support their wellbeing, and any social, emotional, and mental health needs.

### Who may benefit from this intervention

Art and creative therapy is really effective for individuals with a whole range of issues and needs but who find a verbal medium challenging.

## Mindfulness and Compassion Focused Therapy

Blocks of 12, 18 or 24 sessions with Multi-agency review and liaison hours as additional

Compassion Focused Therapy (CFT) and Mindfulness Based Cognitive Therapy (MBCT) are two similar therapeutic approaches which teach techniques of self-acceptance and self-understanding in order to combat unhelpful ways of thinking.

CFT is most commonly used to treat those that struggle with high levels of shame and self-criticism, sometimes stemming from experiences in childhood to early adulthood. These traits are commonly linked to anxiety disorders, mood disorders, eating disorders and personality disorders.

MBCT can also be used to treat high levels of shame and self-criticism, but can also be applied to issues such as depression. Differing from CFT, it places a core focus on the mind-body link and incorporates practises such as meditation and breathing exercises.

### Who may benefit from this intervention

Adults with a range of emotional needs including, anxiety, depression, past trauma, family relationship disturbances, unhealthy attachments, dependencies, work related stress.

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## Family Systemic Therapy

9 sessions (3 Initial Engagement sessions) lasting 90 mins, every 3-4 weeks, 4.5 Hours of Multi-Agency Review and liaison time

Systemic-relational therapy focuses on family communication and interactions. When working with children, adolescents and young people, the first step of a systemic intervention is to connect the individual issues of the young person to the family situation. The individual problem is considered as a part of the family response to a situation of crisis, and an alliance with the whole family is sought in order to understand the problem and solve it together.

The core aim of this intervention is to generate the conditions for an improvement in family communication and, where feasible, lead to reconciliation among members. The family therapy setting provided by systemic therapy model includes sessions with the whole family along with couple sessions, in order to help parents, enact behaviours that may interrupt the negative loop or interactions.

### Who may benefit from this intervention

Families where it is appropriate for all members of the household to be in therapy together and where there is a commitment to wanting change for everyone's best interests. Suitable for Birth, Foster and adopted families where there are no ongoing safeguarding concerns.

## Therapeutic Parenting Group – DDP and DARTS informed

6 week Programme | Follow Up reflective session - Closed group. Max 8 participants

Therapeutic Parenting Group - Incorporates Psych-Education on Broad Horizons D.A.R.T.S model (Dissociation, Attachment, Resilience, Trauma, Shame) there will be

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integration of therapeutic parenting strategies and space for emotional support and self care for the participants.

### Who may benefit from this intervention

Anyone who is parenting children and young people who have a history of complex developmental and relational trauma.

### Training Packages

- Understanding Children's & Young People's Behavior Under 10's
- Understanding Children and Young peoples behavior Over 10's
- Introduction to DARTS – The 5 Pillars of Healing Trauma (1 hour)
- DARTS: The 5 Pillars of Healing Trauma – Full Package (15 hours)
- Module 1 Trauma DARTS - The 5 Pillars of Healing Trauma (3 hours)
- Module 2 Attachment DARTS - The 5 Pillars of Healing Trauma (3 hours)
- Module 3 Dissociation DARTS - The 5 Pillars of Healing Trauma (3 hours)
- Module 4 Resilience DARTS- The 5 Pillars of Healing Trauma (3 hours)
- Module 5 Shame DARTS- The 5 Pillars of Healing Trauma (3 hours)
- Trauma and Dissociation Informed training for Schools
- Reflective Consultation/follow up to training with a Therapist (1 hour)

Bespoke training packages can be created to meet organizations needs and trainings can be delivered face to face, live online or as pre-recorded online access. Please see our website for current training price list [www.broadhorizons.org.uk](http://www.broadhorizons.org.uk)

**Well Being Supervision** - Offered to community practitioners such as pastoral support education staff, teachers and teaching assistants, social workers, health care professionals and other professionals that work with children young people or families.

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We work together to ensure emotional wellbeing in your role and practice. Emotional wellbeing supervisions are delivered to individuals or groups on a regular basis, usually 1 x 6 weekly.

The agenda is supervisee led and considers the supervisees wellbeing in relation to work role and case load and its impact on you emotionally, mentally, and physically. It also considers team dynamics and the supervisee's role in managing agency infrastructures. There is exploration of home life stressors impacting on the work role and wellbeing, and vice versa.

### **Who may benefit from this intervention**

practitioners such as pastoral support education staff, teachers and teaching assistants, social workers, health care professionals and other professionals that work with children young people or families.

**Clinical Supervision** - Clinical supervision is offered only for qualified, or in Training psychotherapists, counsellors and play therapists. This is an opportunity to explore, either in groups or individually, the efficacy of your practice as a therapist and the impact of the therapeutic relationship on yourself as a practitioner.

### **Who may benefit from this intervention**

Qualified, or in Training psychotherapists, counsellors and play therapists.

## **Employee Assistance Program -**

**Block of 6 therapy sessions and 1 Initial Intake session.**

An integrated approach encompassing Brief solution focused therapy and principles from DDP, DBT, CBT and EMDR to provide short term support for employees from a range of work places.

### **Who may benefit from this intervention**

Employees or colleagues who are experiencing emotional difficulties which are impacting upon their performance or well being in the workplace.

## **Bespoke Services :**

### **Foster carer Support:**

Resilience Foster care project through NCT for 2 years  
Foster carer Parenting support group

**Change management – specialising** in small teams and public sector or children's services settings. personalised discussions and development of bespoke packages of support to meet your organisation's needs.

**Leaving Care support –** Transitions to independence, Care leavers who are parents, addressing childhood trauma.

**Transitions Support –** Primary to secondary school, Moving to University, New parent's and young parents, managing exam stress.

**Group Work –** Anger Management, Anxiety Management