

CONFIDENTIALITY

Therapy is confidential. However, we have a obligation to share with the Designated safeguarding leads regarding disclosures around serious crimes. We also have a duty of care to prevent harm to yourself or others. These limits to confidentiality are also be explained in full at your first appointment.

What can I do if I need help immediately?

If you live in *Waltham Forest, Redbridge, Barking and Dagenham or Havering*, you can call the NELFT Mental Health Direct telephone helpline service for help and advice, anytime of the day or night, on **0300 555 1000*** We have somebody on the other end of the line who can help.



Email:

Admin@hopwellschool.co.uk

OR

May.Torland@hopwellschool.co.uk
(Music Therapist)

GOALS

The session aims to:

1. Improve your physical/mental well being.
2. Help you with anxiety and elevate your mood
3. Help you to express yourself in a different way using your creative potential
4. Help you to understand what makes your symptoms worse and/or better



MOVEMENT THERAPY

Here at Hopewell we offer a range of therapeutic services for our students who may require additional support.

Here is some insight on Movement Therapy

HOPEWELLSCHOOL.CO.UK

WHAT IS IT?

Dance movement psychotherapy is a creative therapy that uses movement to explore and work through trauma, develop your strengths and express yourself, while respecting your uniqueness and creative capacity.

Dance Movement Therapy offers an open safe space which holds freedom to move and create, where we can move and talk about what is going on in life and face challenges together.

In a session we might do some movement together, listen to music, talk or play a game.



HOW CAN IT HELP ME?

Sometimes you may find it hard to put thoughts and feelings into words.

In dance movement psychotherapy sessions, you will be able to communicate and express yourself through movement.

Dance movement psychotherapy may help you:

- Use body movement to help you join the different parts of yourself - emotional, cognitive, physical, cultural, social and spiritual
- Be more comfortable with using and understanding non-verbal communication
- Increase your self-awareness and self-esteem
- Support your mental health. What happens in a session?

DO I NEED EXPERIENCE ?

Don't worry. You don't need any previous dance experience or skills to attend.

You will not be taught a particular type of dance technique or forced to do any movements you don't want to do. This is a safe and accessible welcoming space

FOR EXAMPLE:

You might be worried about:

- How you are getting on with other people
- Managing with things at home
- Why you might feel lonely and upset

In dance therapy you can role play, use props, move, play games & talk

Movement can be a good way to help you relax.

Who will be there?

You will usually see the dance therapist on your own. Sometimes there will be dance therapy groups.

How long will the Movement therapy last? therapy last?

The therapist will talk to you about when and where you are going to meet. How long you see the dance therapist for will depend on what you want to work on

