



## ABOUT ME

Welcome to Creative Healing NI, where hope and healing thrive. I'm Michelle, a qualified social worker and integrative therapist with over 8 years of specialist experience in sexual trauma. As a survivor, I understand the journey toward healing, and I am dedicated to supporting young people in their unique paths. I am passionately committed to providing a safe, non-judgmental space for young minds impacted by sexual trauma. No child should navigate this journey alone, and through creative therapies and talk therapy, I believe in empowering children to recover, supporting them to reclaim their lives from the shadows of trauma.

### MY CREDENTIALS

- MSc Child and Adolescent Psychotherapy
- BSc Social Work
- Certificate in Integrative Sandplay
- Full EMDR Training age 9+
- Certified Child and Adolescent Trauma Professional.
- Advanced Treatment of Dissociation in Children



# CONTACT US

## THE JOURNEY TO HEALING BEGINS HERE

If you know a young person aged 4 to 25 who has been impacted by sexual trauma or if you are a parent or carer who would like support. Please reach out to discuss our specialist support. I know it can be hard to take that first step, but I am dedicated to providing empathetic, tailored support built on the foundations of safety and trust. Start your child's journey of reclaiming their life today by contacting me below:



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<https://creativehealingni.co.uk>



CREATIVE HEALING

## SPECIALIST SEXUAL TRAUMA COUNSELLING SUPPORT



SUPPORTING YOUNG PEOPLE AGED 4-25  
TOWARD HEALING AND EMPOWERMENT

# WORKING TOGETHER

Sexual trauma can profoundly disrupt the overall well-being of young people, affecting their emotional resilience, sense of safety and trust in the world. It impacts their social connections/relationships, education, and engagement in things they once enjoyed and can impact their sense of self-worth.

At Creative Healing, we firmly believe that, with the right support at the right time, young individuals can reclaim their lives and thrive beyond the impact of trauma.

Our approach extends beyond individual healing. We actively involve parents, carers, and professionals in a collaborative journey toward recovery. Recognising the importance of a supportive network in empowering young survivors to navigate their healing process and rebuild trust. Together, we can foster resilience and provide the tools necessary for a positive and flourishing future.



## WHAT I OFFER



### EMDR (Eye Movement Desensitisation & Reprocessing)

Supported by research, facilitating healing for young people impacted by trauma. Reprocessing memories at the child's pace through eye movements, sounds, tapping or movement, Promoting proven and effective results. What's more, sharing all the details of the trauma is not necessary, as young people can share as much or as little as they want.

**For age 9 +**



### Traditional Talk Therapy

Many teenagers or young adults prefer to talk. Traditional talk therapy offers a safe, non judgemental and supportive space for processing trauma, tailored to the individual needs and pace, promoting healing and empowerment.



### Creative Therapies

- **Expressive Art**
- **SandTray Therapy**
- **Play Therapy**

Creative Therapies offer safety, providing a nonverbal space for young people to express and process emotions or experiences that may be challenging to put into words.



### COURT REPORTS/IMPACT STATEMENTS AND SPECIALIST ASSESSMENT

I can work with young people pre-trial adhering to the guidelines, I have experience in providing impact statements for court proceedings if requested. For professionals, I offer a thorough assessment of therapeutic needs for children and young people impacted by sexual trauma.