



About Michelle Duffy

Integrative children and young people's Counsellor & Social Worker with over 8 years of experience in working with young people who have experienced Sexual Trauma. Also Co-Founder and Co-Director of STARNI. MSc in Child and Adolescent Psychotherapy, BSc in Social Work, Certificate in Sandplay Therapy, EMDR part 1. MBACP registered and MBASW registered.



To Book a Session:

TEL: 07496859739
EMAIL: Creativehealingni@outlook.com
Website: creativehealingni.co.uk
Newtownabbey Area

MOST COMMON REASONS YOUNG PEOPLE COME TO

Counselling

- > Life Changes
- > Behaviour Challenges
- > Self Esteem
- > Gender Identity/Sexuality
- > Body Image
- > Anxiety
- > Grief
- > Isolation
- > Bullying
- > Traumatic Experiences



CREATIVE HEALING

CHILDREN & YOUNG PEOPLE'S

COUNSELLING

FOR AGES
4- 25



HOW DOES IT WORK?

First, initial interviews are conducted with the parents and any professionals to gather information about the young person's history and to learn about the issues that are impacting them, so that therapeutic support can be tailored to the young person's individual and specific needs.

Sessions usually take place on a weekly basis. I utilise various creative approaches alongside talk therapy depending on the needs and wishes of the young person, enabling the young person to express themselves in a variety of ways, within a safe, non-judgmental and confidential space.

Approaches USED IN THERAPY

- > Talk Therapy
- > Creative Therapy such as painting drawing, clay and music etc.
- > Play Approaches
- > Sandplay Therapy
- > EMDR Therapy



BENEFITS OF AN INTEGRATIVE AND CREATIVE Therapist

Therapy is Child Centred and based on the individual needs and preferences of each young person.

Creative mediums encourage healing through the use of visual and sensory forms of expression, without being limited to language.

Can support young people who find traditional therapy difficult to feel safe and supported to share their problems

"The process of working with creative materials and creating a final product can have amazing healing properties that help young people:

- Explore and share their emotions.
- Strengthen their sense of self.
- Manage Stress
- Work through their problems
- Learn Coping Skills
- Uncover different aspects of their Personality.
- Boost self-esteem.