

Kinsley Hartgrove MBACP

Integrative Counsellor BACP
Creative art and therapeutic play therapist BACP
Parent Coach
(ALL AGES)



About Kinsley

I am a mum to five wonderful children, four of whom are neurodivergent, with diagnoses including Autism, ADHD, sensory processing disorder, dyslexia, Pathological Demand Avoidance, and Tourette's. As a neurodivergent individual myself (ADHD - combined type), my personal experiences have profoundly shaped my passion for supporting children's mental health.

I understand firsthand the challenges that neurodivergent children and their families face, and I bring both lived experience and professional expertise to my work, helping others navigate their journeys with greater confidence, connection, and compassion.

Originally training as a children's nurse, I later moved into the youth sector, leading SEN youth groups for the Papworth Trust before retraining as an integrative counsellor in 2013. I gained experience with Survivors in Transition and an Autism Service in Ipswich. I still continue to support Survivors in Transition and the amazing work they do as a subcontracted therapist.

Since 2018, I have specialised in working therapeutically with children, earning a post-qualifying diploma in counselling children and adolescents (with distinction) and a postgraduate advanced certificate in Creative Arts and Therapeutic Play.

After having my own children and experiencing first-hand the trauma and heartbreak which comes from raising a child who is autistic and PDA who does not fit into a parenting paradigm based on traditional values, I knew I needed to try something different. So I researched and accessed further training in therapeutic Parenting through the Jai Institute for Parenting.

I later founded The Happy Parent & Child Initiative my mission is to not only help children and adults with their mental health but to equip parents, educators, and professionals with the tools to nurture emotionally secure, confident children.

Committed to ongoing learning, I am completing further postgraduate studies a supervision training certification, and a Master's degree.

enquiries@happyparentandchildinitiative.co.uk

<https://happyparentandchildinitiative.co.uk/>

Office 14, Hadleigh Business Centre, Crockatt Road, Hadleigh, IP7 6AN
01449 -701331



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Kinsley's Approach

My approach combines the power of creative arts and play therapy with the NeuroConnect approach I have developed. Drawing on attachment theory, neuroscience, and developmental science, my approach focuses on fostering deep connections and nurturing children's emotional growth. By using creative arts and play, I provide a safe, non-verbal space where children can explore and process their emotions, offering them a natural way to express themselves and build resilience.

The NeuroConnect approach is designed to be neuroaffirming, supporting each child's unique neurodivergence with understanding and empathy. It integrates principles from nervous system science and attachment, ensuring that the child's individual needs are met. This approach not only focuses on healing through connection but also helps build stronger, more secure relationships between children and their caregivers.

I also work closely with families, carers, and schools to encourage therapeutic goals by creating and enabling therapeutic spaces both at home and in the school environment. Through this combination of creative play, therapeutic techniques, and neurodevelopmental principles, I help children navigate their emotional challenges, build stronger connections, and grow into confident, self-aware individuals.

The therapy provides a safe space for children to express themselves through play, creativity, and interactions with the therapist. It emphasises the child-therapist relationship, using non-directive, child-led approaches.

To find out more about
NeuroConnect

[Click Here](#)

Read on to find out about Kinsley's Training



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Kinsley's Training

Professional Training

- Integrative Counselling - FDa - University of Suffolk (2016)
- Counselling Children and Adolescents - Diploma - Open Academies - 2018 - (Distinction)
- Creative arts and Therapeutic Play with children - post grad Advanced certificate - Life force - 2018
- Parent Coach - Certification - Jai Institute for Parenting - 2022
- CBT - Certificate - 2023
- Advanced CBT - Certificate - 2024
- Couples counselling - counselling academy - 2024
- Creative art interventions for children with developmental differences - PESI - 2024
- Advanced Certificate - working with Couples (counselling). - 2024
- Academy of play & child psychotherapy - Postgraduate certificate in therapeutic play skills 2025

Continued Professional Developmental Training (A minimum of 50 -100 hours per year)

(Some of Kinsley's recent trainings)

- AUTPLAY - An Introduction
- Using Exposure Response Therapy with OCD Individuals
- Autism Spectrum disorder
- Attachment based play interventions
- safeguarding Children - NSPCC (Completed every 2 years)
- stress trauma and the adaptive brain
- Parent and Child Attachment Play
- trauma and dissociation
- Supporting Parents to use Pace
- Low Arousal Techniques and strategies
- creating a sensory affirming office and playroom
- eating disorders
- supporting anxious children and teenagers
- managing anxiety and trauma
- working with shame
- Using Minecraft and digital sand trays in online and teletherapy.



You may notice that Kinsley's BACP membership, DBS and any legal documents and CPD are registered in her legal name (Kirsty Hartgrove), Kinsley is her preferred name and uses this in everyday life and with clients.

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Finding the right therapist and service is important

We offer a 15 minute phone call to find out more.

Call 01473-701331 to have that call.

Need longer?

Arrange a 30 minute teams consultation with Kinsley to find out more



Book Here

Kinsley
Hartgrove

Founder of
The Happy Parent & Child Initiative



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