

Sarah Lock

Psychodynamic Child & Adolescent Counsellor



About Sarah

Sarah originally trained and worked as a primary teacher but developed her interest in working with young children with Special Educational Needs (SEN) when she volunteered as a parent helper at her son's preschool. She strongly believes that identifying and addressing a child or family's needs early on can positively influence a child's emotional well-being.

Sarah left classroom teaching and for 18 years had a role with Essex SEND services as a Specialist Preschool Teacher working as part of a multi-disciplinary team, predominantly with autistic children and their families.

Sarah has extensive experience of working in the home helping parents understand their children's needs, supporting children transitioning into preschool and later into school, securing funding for enhanced support, giving advice to preschool and school staff, running parent groups and facilitating staff training. She also wrote advice for Educational Health Care Plans (EHCPs) and supported parents through the statutory assessment process. In 2019, following a restructuring of the SEND service her specialist role was cut and she took on a more generic role working with primary and secondary school SENCOs, helping to improve inclusive practice.

Following her desire to return to working more directly with children and their parents, in 2020 Sarah began retraining as a child/adolescent psychotherapist, embarking on an MA in Psychodynamic Counselling at the University of Essex which she completed in 2023. The training gave her the opportunity to work as a counsellor with both primary and secondary pupils and provoked an interest in the emotional experience of pupils transitioning from primary to secondary school, particularly pupils who are autistic, an interest that became the focus of her dissertation.

Sarah has been with Happy Parent & Child Initiative for just over 1 year now.



enquiries@happyparentandchildinitiative.co.uk

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

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About Sarah's Approach

Psychodynamic therapy delves into underlying issues that drive a child's behaviour, focusing on deep-rooted psychological dynamics rather than surface-level symptoms. It aims to help children make sense of their internal conflicts and behaviours by exploring unconscious factors influenced by early experiences and unique emotional environments.

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.

Involving parents is essential for understanding family dynamics and supporting the child at home. While this therapy takes time, the increased emotional intelligence gained can benefit the child and family in the long term.

My Training

Professional Training

- 1987 BSc Food Science and Nutrition and Biology (Oxford Polytechnic)
- 1990 Post Graduate Certificate in Education (PGCE) 3 - 8 years (University of Roehampton, London)
- 2004 MEd Special Education (University of Birmingham)
- 2023 MA Psychodynamic Counselling Children and Adolescents (University of Essex)

Continued professional Developmental Training

- University of Essex Group Relations Conference 2021, 2022
- East Anglian Psychotherapy Network Conference 2022
- Family Partnership Facilitator Course (The Centre for Parent and Child Support); approver trainer
- Autism Education Trust (AET) Making sense of Autism; approved AET trainer for Essex SEND service
- Understanding Sensory Processing (Sensory Integration Network)
- Intensive Interaction
- Picture Exchange Communication System (PECS)
- Social Stories (Carol Gray approved)
- Supporting Behaviour Change (Challenging Behaviour Foundation).



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My Fees

My Working Day Is Wednesdays.

Service Name	Session Length	Price
Initial / Review - Parent Consultations	60 minutes	£70
Child Therapy Session	45 Minutes	£55
Report Writing (Price per hour of writing)	Variable	£70 (Pro-rata)

Sarah's bookings are made through Fresha

Sarah works in the Happy Parent & Child Initiative clinic in Hadleigh, Ipswich, Suffolk.

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Contact us on:

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