



Ellana

Meet the Therapist

Hi, my name is Ellana Oxley, and I am a Developmental Therapist. I started working at bibic in August 2023, but before this, I did volunteer here for a period of time.

I completed my post-graduate certificate in education in July 2023, where I was able to explore different subjects with SEND in schools. Supporting young people has always been a passion of mine and I have been able to explore different behaviours and the ways in which we can support individuals to feel confident and comfortable to be themselves.

With this interest and passion, I had decided to look for ways in which I can support children and young people in a more holistic way, which can help them to develop to be more confident individuals. Through my volunteering here at bibic I was able to explore the variety of ways in which we can support individuals, therefore I decided to make the change to join this incredible team.

My job entails supporting children and young people and their families to support and understand themselves and their strengths and challenges. As a part of this role, I look at the whole child and find tailored ways to support the areas which may be more of a challenge and celebrate the areas in which they excel. This holistic approach means that families are able to work together to understand aspects of themselves and their children in a judgement-free environment.

Prior to completing my post-graduate degree, I undertook my undergraduate at the University of Plymouth where I was able to learn a lot about the world. Whilst completing this degree I supported a mental health talking café where I supported other university students and built a support network across the campus.

This was important to me and has meant that I was able to learn a lot about these areas of difficulty and how to support those facing mental wellbeing challenges, which are skills I am able to use daily in my role as a Developmental Therapist.

As someone who was able to teach children, I was able to see the need to help and support children of all abilities, which is one of the reasons I have become a Therapist here at bibic. I believe in a nurturing approach, which is holistic in nature leading to the transformation of lives. Here at bibic I am able to support so many more families and help to transform children's lives, helping them to develop to their full potential.

Due to my history of teaching at a secondary level I specialise in supporting children and young people between the ages of 11 and 16, however, since starting in August 2023 I have been able to support all different ages as well. I love meeting all the families who come here, building connections which have meant that I have been able to help them even further than before. I have also enjoyed seeing individuals who come to each assessment show their true personalities, feeling comfortable enough to share this part of themselves where they otherwise may not. bibic is able to truly help many families which is something I have loved to be a part of.

When you come to an assessment with me you can expect a friendly face and a listening ear. I am here to listen to your worries and challenges and come up with practical solutions. One piece of advice I would give to someone who is struggling is to share the load, sometimes just talking about your worries or challenges can make the world of difference, and that is what we and many other providers are here for, to listen and to care.