

Charis Meet the Therapist

Hello, I'm Charis, a bibic's Developmental Therapist. I joined bibic in November 2022 and recently became a part of the Johansen Auditory Stimulation team, supporting auditory processing difficulties by providing Johansen music therapy.

My role involves meeting children and young people and assessing their needs to understand their strengths and challenges. This means I can determine the best strategies to support them and provide an optimal environment for their wellbeing and development.

One of my biggest priorities is to ensure families feel safe, comfortable, happy and listened to during the assessment.

I completed my undergraduate degree in Psychology at the Open University. Psychology has always been a huge interest and passion of mine, allowing me to gain a deeper understanding of why behaviours occur. My degree has advanced my knowledge of child development and mental health, as well as my understanding of different conditions, and allowed me to specialise in counselling and forensic psychology. I am currently completing a master's degree in Psychology to expand my expertise further and aim to use this to provide the best support to help children and young people thrive.

Before bibic, I also worked as a Teaching Assistant at a primary school for a few years. My main role was working 1:1 with children with additional needs to support their social, emotional, behavioural and academic development and providing strategies to help support their day-to-day lives.

The knowledge I gained from psychology was

invaluable within this role, enabling me to provide the best care and support for those with developmental difficulties and their families. My knowledge of psychology and experience working with young people within a school setting sparked my passion to pursue a career in supporting young people with various needs and their families, especially at such a crucial part of their lives.

I specialise in supporting children with challenging behaviours and individuals who struggle with their mental health and wellbeing. Managing strong emotions can be challenging to navigate, and I endeavour to help individuals identify and regulate this by providing strategies that work best for them.

The work bibic do is so important, taking a holistic approach and considering all aspects of challenges rather than focusing on one area of concern and supporting the whole family and their needs.

Providing individuals and their families with a unique therapy plan to meet their individual needs is an integral part of what we do at bibic, as everyone is different. The bibic team go above and beyond when supporting families and ensures they understand the whole picture before addressing any individual's difficulties. Being a part of such a supportive and passionate team is a huge privilege.

As a Therapist, I will always strive to create an environment where young people and their families can openly and comfortably discuss their worries and concerns without fear of judgement. One thing I love about being a part of bibic is the privilege of meeting so many incredible young people and their supportive and loving families.