

## Claire Meet the Therapist

Hi, I'm Claire, one of the Senior Therapists here at bibic, and Safeguarding Lead. I started working for bibic in 2019 and love being a part of the team supporting children and young adults to understand themselves better and take those important steps forward.

My job role entails meeting and assessing children and young people, the most crucial part of that is making sure people feel comfortable and safe in our environment.

Sometimes that means moving an assessment onto Zoom to allow people to participate when leaving the house is too anxiety provoking, or even carrying out the assessment day in our local park.

I originally trained in Occupational Therapy before working with families in a safeguarding capacity. My previous experience has led me to bibic where I have found my place to belong.

I always wanted to make a difference to children and young adults. I work by building a connection with them to help me understand how to help them move forward with their own goals. At bibic I have found a place where I can do just that.

As a Therapist, I work hard to build trusting relationships with the individuals that visit us and their families, providing a listening ear and validating their experiences.

I particularly focus on working with teenagers and young adults. I know there is so much potential for them to feel more positive as they come to understand why particular things are easy or hard for them.

Often by the time people come to bibic, they have experienced rejection and I hope to change that by listening to them and demonstrating my support with practical advice and techniques. Every individual and family is valued for their uniqueness and that is reflected in the support offered. For all the children and young adults we work with at bibic each and every one has positive things to celebrate and helping them focus on that is incredibly powerful.

I have many standout moments, but just one is identifying why an individual was struggling at school and supporting the family to access appropriate support, this individual is now more able to listen and focus in class, their reading ability has increased as have their school grades but most importantly, their emotional wellbeing is better. It has been an absolute pleasure to support and observe as this family worked with us to give them the best possible chances.

For families who are struggling, my biggest bit of advice is trust your instincts as you are the experts in yourself or your child or young adult. Reach out to us, we are only on the other end of the phone.