

Clare

Meet the Therapist

Hi, I'm Clare, one of the bibic Developmental Therapists and I also carry out assessments for Irlen Syndrome. I joined bibic in September 2021, so I have been here for just over a year, and have loved meeting and supporting so many children, young people and their families.

My job role entails meeting and assessing children and young people, whilst also making sure they feel safe and comfortable in the centre. This can mean meeting the family prior to the assessment, whether that is in person or via Zoom.

I did my undergraduate degree in Psychology and a master's degree in Health Psychology. Whilst I was at university, I volunteered for a childhood bereavement charity, helping children to understand and express their thoughts and feelings using creative methods. My motivation is helping people, improving their quality of life, and making a difference to someone else, and that is what drew me to working at bibic. I love how bibic takes a holistic approach, viewing the child as a whole person, and how all their abilities, difficulties, traits, and characteristics are important and work together.

I love how each day is different, and how there is always something new to learn from the team and from all the different children and young people I get to meet. I also love seeing all the wonderful personalities, providing clarity over what their child is experiencing, and building a connection.

I particularly work with primary aged children and young teenagers, I like to focus on well-being, as I believe a key factor is that a child/young person feels happy, safe, secure, listened to and understood. There is always potential to feel more positive and confident, and this can come from understanding themselves and how their brain works.

Families have often come up against barriers when accessing help or have experienced challenges with varied settings. I hope to be a positive point in their journey and I do this by listening to them, showing support and empathy, and giving practical advice and steps to take. Having my own personal traits and quirks helps me to understand others and explain these differences to their parents/carers.

It's hard to pick one standout moment. For me, it's when that clarity has come into place following the assessment, and the families understand what is going on for their child and now have the evidence to explain it to others. They (and others) can then better understand their child and practical support can be put into place.

For families who are struggling, my advice is to trust your gut and continue to advocate for your child. I often have parents asking "is it all in my head?". The answer is no, you know your child the best, trust your instincts and reach out for support.