

Katie

Meet the Therapist



Hi, I'm Katie, one of the Senior Therapists at bibic and EDI lead. I initially joined the team in July 2018, however, took some time off to be at home with my two young boys, re-joining the team in August 2022. It's great to be back at bibic, supporting families and watching the charity go from strength to strength.

My job role entails meeting and assessing children and young people, both in person and digitally, providing a safe environment where they can demonstrate their strengths, as well as their difficulties, and hopefully learn to understand themselves better. I maintain contact with families through our key-working process after the assessment, providing both a listening ear and practical strategies for support. Alongside this, I line-manage some of our talented Therapists and am involved in the training and development of new Therapists joining the team.

I've always been passionate about supporting others and after spending some time working in South America with children in challenging circumstances and living conditions, I studied Psychology at University and then became a qualified counsellor, equipping myself with helpful tools to be more effective in the support I can offer.

Becoming a Therapist at bibic seemed like the perfect opportunity to put my skills and experience into good use and enables me to support young people and their families daily.

Given my background as a counsellor, I particularly focus on supporting individuals with anxiety and low self-esteem, helping them to develop effective coping strategies which will support them in reaching their full potential in all areas of life. I truly believe that change is possible and often starts with gaining more awareness as well as being willing to step out and try something new. Contacting us here at bibic is that first important step.

bibic's holistic approach is something I really value as it enables us to look at all areas of the individual's life and how they can influence each other. I spend time getting to know the family I am working with and aim to provide an accepting, non-judgmental environment, valuing the individual for who they are and what they can bring. Each assessment is different which not only keeps me on my toes, but also ensures that each family receives a tailor-made service, unique to them.

There have been many stand out moments in my role as a bibic therapist, however, children often feel bibic is a safe and supportive environment which reminds me of why I do this job and how important it is for children and young people to feel valued and cared for.

For families who are finding it difficult to know how to support their child in the most effective way, it is my belief that the bravest thing you can do is to ask for help. At bibic we will aim to support you in the best way we can or signpost you on to other supporting agencies. You are not alone, and we feel privileged to play a small part in your journey.