

Natalie Meet the Therapist

I'm Natalie one of bibic's developmental therapists, I started working at bibic at the beginning of the pandemic, something that seems a distant memory.

Initially starting at bibic I volunteered and supported the Therapists within their assessments. I then applied to be bibic's Family Service Coordinator. This job was so rewarding for many reasons, it allowed me to be the first contact for our families, listening to their experiences, stories and needs, discussing many different paths that bibic could provide to support not only their child but the whole family.

I then wanted to further support the families visiting bibic, by taking the opportunity to become a Developmental Therapist.

Before bibic I studied at Bath Spa University with the intention of becoming a primary school Teacher. Throughout my life I have experienced many of my own challenges within education and have received much needed support due to having Dyslexia.

During my course I focused on children with additional needs. I enjoyed working closely with many different children who were having challenges within the classroom. This then encouraged me to seek out a career path where I could focus more on my interests within child development.

When I was in college I was fascinated by Psychology and the way our brains develop and how our different journeys in life can shape who we are as individuals.

I was particularly interested in child development and how children begin to shape their own personalities and interests and how key each person within the child's life is. By becoming a Deputy Safeguarding Lead, I wanted to be part of a wider network of professionals ensuring my continued contribution to children's safety.

I've always been a believer in mindfulness approaches around how we can ground ourselves, re-train our brain and be able to effectively manage our emotions.

This has also developed my thinking when it comes to consistency around changing thought processes for a more positive outcome and how powerful our brains can be in protecting ourselves and creating our own coping mechanisms.

I see behaviour as a way of communicating emotions and therefore wanted to support individuals in finding more appropriate ways to express themselves. This is something I strongly believe in as you cannot change behaviour without changing the thought processes.

As a Therapist at bibic, this supported in leading me to become more trauma informed and I began to focus more closely on working with more challenging behaviour and individuals that may have experienced trauma and how this can be different for each person and ensuring I am able to adapt to their needs, finding ways to support their challenge and develop their strengths.