

Tabby

Meet the Therapist

Hello, I'm Tabby and I'm a Developmental Therapist at bibic. I've been working at bibic for almost two years, and it is one of the most rewarding job roles I have had. The team at bibic are so supportive and everyone shares such a huge passion for supporting children, young people and families and being a part of it is a huge honour. At bibic I'm also a part of the Johansen Auditory Stimulation team, delivering the music therapy to support people with auditory processing difficulties.

My role as a Developmental Therapist involves assessing children and young people and taking a holistic approach to enable them and their families to understand their strengths and difficulties in order to support them in the best possible way. Working at bibic you learn that every family is unique, and it is so important to consider all factors of the families' lives, taking a flexible and open approach to each assessment. I love creating a comfortable environment for each of the families I see to remove any pressures of what can seem a nerve-racking experience, not only for the young individuals but also for the parents or caregivers.

I chose to be a Therapist having done my degree in psychology which had a particular focus on child psychology, this gave me a clearer understanding of how crucial early intervention is when supporting children and young people. I have always been passionate about helping others, in particular children, and prior to joining bibic I was working in a school where I often had the opportunity to support children who had additional needs on a one-to-one basis, something I found extremely rewarding.

I also experienced teaching groups of children, and this highlighted for me that one method does not suit all as each child thrives and learns in different ways. This is why I love what I do at bibic, as we create bespoke therapy plans based on the child or young person's areas of strength to support them to excel and develop in a way which best works for them.

I am currently in the process of completing my Masters in mental health science, and I have a particular focus on working with children and teenagers who struggle with anxieties and their emotional wellbeing and find it difficult to know how to cope in certain situations. Allowing their families and others around them to gain an awareness of their challenges is also a huge part of what I do, as many children and young people come to the assessment feeling misunderstood. One of the things I love about my job role is being able to support these children and young people to understand themselves and no matter what the outcome of the assessment is, I always try to ensure the families leave with a smile and feel they have someone to turn to for support.
Throughout the keyworking period after the assessment, it is amazing to hear about the progress the family and young person has made, no matter how big or small it may seem.

My advice for families who feel they need support or someone to turn to is to please get in touch with us at bibic, we will endeavour to support you through our own services or signpost other services. Reaching out and having an initial talk can make such a positive difference and we will always help where we can.