



# Jackie Archer Therapy



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## Welcome

At Jackie Archer Therapy, we address your Tier 5 therapeutic intervention and support needs. Jackie will travel to your school. Our environment is both safe and nurturing, allowing high school students to delve into their emotions, cultivate coping strategies, and improve their overall well-being. Acknowledging the distinct challenges that adolescents encounter, we provide customized therapeutic approaches tailored to their specific requirements.



## Our Services

## Psychotherapy

- Individual therapy
- Evidence-based techniques
- Focus on emotional well-being
- Support for various mental health concerns

Psychotherapy provides a space for students to address issues such as anxiety, depression, stress, and relationship difficulties. Through talk therapy, students can gain insights into their thoughts and behaviors, develop healthier coping mechanisms, and build resilience.

## Animal-Assisted Play Therapy

- Unique therapeutic approach
- Interaction with trained animals
- Reduced anxiety and stress
- Enhanced emotional connection

Animal-assisted play therapy incorporates the presence of a trained border collie, Benny, to facilitate the therapeutic process. Interacting with animals can help reduce anxiety, promote relaxation, and foster a deeper emotional connection. This approach is particularly beneficial for students who may find traditional talk therapy challenging.

## About Jackie

Jackie is a dedicated and experienced psychotherapist with a passion for helping students achieve their full potential. With over 10 years of experience in delivering mental health services, Jackie has a proven track record of supporting adolescents through various challenges. She is also highly experienced in working with therapy animals to create a nurturing and effective therapeutic environment.

## Investment

- **Sessions:** Weekday, term-time, 9:00 AM - 2:30 PM, max number of students 6 per day
- **Cost:** £550 per day
- **Frequency:** Ongoing weekly long-term support or a 12-week short-term intervention plan

## Next Steps

To learn more about Jackie Archer Therapy or to schedule a consultation, please get in touch. We look forward to supporting your journey to well-being.

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