



Specialist Talking Therapist 8 Week Parenting Group



Accredited CBT Therapist with BABCP

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Helan Gidley MSc, RMN, CBT (Cognitive Behavioural Therapist), DBT (Dialectical Behavioural Therapist), CBTe for Eating Difficulties, Life Coach
Individual work and Parenting Groups

25 years experience of working in the NHS and the private sector including CAMHS (Children & Young People with Mental Health difficulties)

8 week parenting groups promoting parents confidence in developing positive parenting skills, behaviour management and principles in identifying and building on what parents are already getting right

We will provide targeted support to parents who are struggling to facilitate sustained positive change. Group topics can include developing positive parenting skills, self harm, sleep and use of IT, an awareness of sexual exploitation and bullying

I am fully up to date with research and evidence based training, supervision, safe guarding and DBS cleared

I am able to offer an initial free 30 minute therapy session or telephone consultation. For further information please contact me

Weekend and evening appointments available

