



Meet The Clinical Team

At Meadowcroft School...

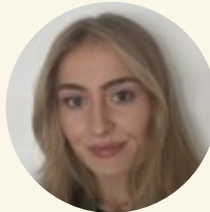
Who are we?



Rachel Simpson
Art Psychotherapist
Clinical Lead



Rachel Coles
Integrative
Psychotherapist



Grace Tomlinson
Assistant
Psychologist



Caitlin Boyle
Art Psychotherapist



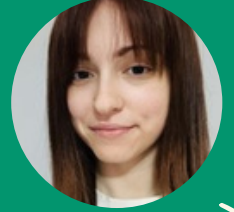
Kim Potter
Integrative
Psychotherapist

Who are we?



Mariam Amir
Speech and Language
Therapy Assistant

Niki Gkezepoglou
Occupational
Therapy Assistant



Sophie Kenning
Specialist Speech and
Language Therapist




Deborah Abson
Senior
Occupational
Therapist



Emilee Cowell
Assistant
Psychologist






What does a Psychotherapist do?

Psychotherapy is like talking to a really good listener about your thoughts and feelings. They're trained to understand how your mind works. They can help you understand why you feel a certain way, why you do certain things, and how to manage your feelings better. It's a bit like having a guide who helps you navigate through a maze of emotions and thoughts. You might talk about sad things or happy things, things that have happened in your past or things that are happening right now. Your therapist is there to help you think about these things and how they make you feel.

What does an Assistant Psychologist do?



Assistant Psychologists provide clinical support under the supervision of a qualified psychologist. They run group and 1:1 sessions around mental health, mindfulness and understanding emotions. They may also prepare and carry out cognitive, functional and behavioural assessments, research and audits.



What does an Art Psychotherapist do?


Art therapy has all of the same elements of Psychotherapy, but instead of just talking about what you're feeling, you can also make artwork. Art therapy is a way of helping people express their feelings and thoughts using creative activities like drawing, painting, or sculpting. This can be helpful for people who find it hard to put their feelings into words. The art therapist is there to help guide you through this process, and help you make sense of your feelings.

You do not need to be good at art or enjoy it to have art therapy. The therapist will keep your artwork until the end of your time together to keep it (and you) safe.



What does a Psychologist do?

Psychologists study people's behaviour and try to understand their minds. They do lots of research, they develop programs and interventions to help people understand how to help themselves. They might use psychometric, behavioural and cognitive assessments to see what you may need and how best to help you.



What does an Occupational Therapist do?

Occupational therapists help people to do things in their everyday life if they are struggling to do them. This can be things like walking, playing sports, writing, looking after themselves. They can also help with any sensory needs you might have, like needing quiet spaces, different lights, chew toys, fidgets and other things.



What does a Speech and Language Therapist do?

A speech and language therapist helps people with talking, communicating and understanding. They can also help people if they have problems with swallowing. They can help people who have trouble speaking clearly, finding the right words, or understanding what others are saying. They might play word games, do exercises to strengthen mouth muscles, or use pictures and symbols to help people communicate better.

