

# FAMILY COMPASS

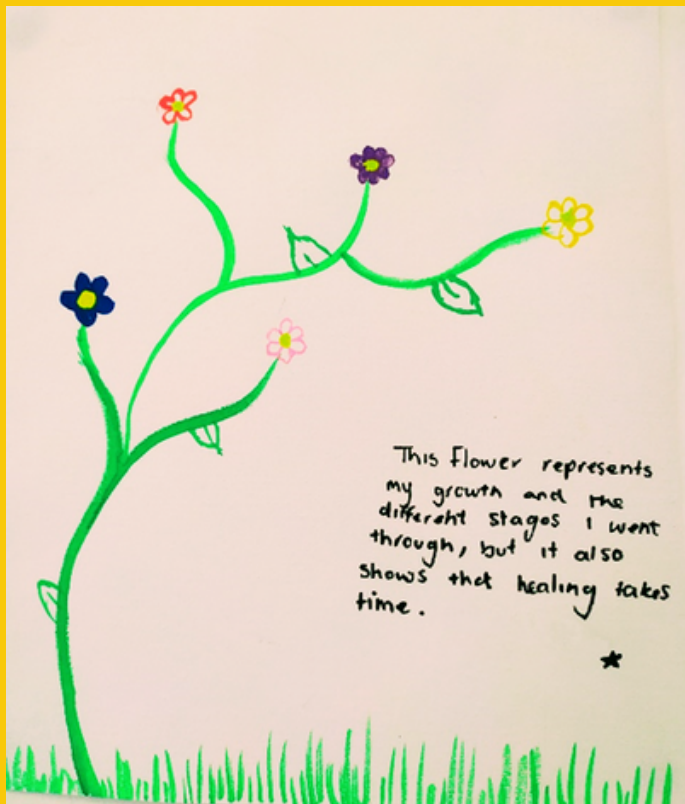
Alongside children and young people  
on their mental health journey



## Brochure of services

[www.familycompass.co.uk](http://www.familycompass.co.uk)

Registered Charity Number 1197742



**“This flower represents my growth and the stages I went through, but it also shows that healing takes time”**

Created by a young person who has been supported by  
Family Compass

# FAMILY COMPASS



## Who are we?

We are a North Devon-based charity which provides mental health support to children, young people and families. Our creative and inclusive approach is all about helping young people find their spark, build their self-belief, and understand their emotions and experiences. We help them develop the skills they need to navigate life's storms and find their rainbow.

## We exist to:



- Give children and young people the tools to navigate life challenges.
- Listen, and give children a voice.
- Provide space for children to express themselves and process their experiences.
- Help children and young people feel better about themselves, so they are able to make the most of life's opportunities.



# OUR SERVICES



## Creative therapies

Dramatherapy

Art Therapy

Music Therapy

Creative therapies use activities like drawing, music, or drama to support emotional wellbeing.

Suitable for all ages and skill levels, they provide a safe, non-judgmental space to explore thoughts and feelings, better understand yourself, and find new perspectives on challenges.

These therapies can help process difficult experiences, express emotions, and connect with others in meaningful ways.

**A minimum of 20 sessions is recommended.**

## Talking therapies

Dyadic  
Development  
Psychotherapy  
(DDP)

A therapy developed by Dan Hughes, based on his extensive experience working with adopters and their children. At the heart of DDP is PACE, an approach that fosters deeper emotional connections in relationships. Sessions can, but do not always, include both the caregiver and the child.

**Various support options are available, including virtual sessions.**

Counselling

Counselling provides a confidential, non-judgmental space for children, young people and adults to share their thoughts and feelings.

**12 to 30 sessions are recommended, offered in person or virtually.**



# Play

## Play Therapy

Play Therapy helps children process difficult emotions or trauma through play, their natural medium of self-expression. It is non-directive and child-led, focusing on the relationship between the child, the play, and the therapist, who reflects meaning back to the child. Typically without parental involvement, this approach supports emotional expression, communication, and problem-solving.

**A minimum of 20 face to face sessions are recommended.**

## Theraplay

Theraplay is a child and family therapy designed to strengthen attachment and improve parent-child relationships. It is a structured approach where the therapist initially leads playful, engaging activities, which are later guided by the parent. These activities are tailored to help regulate the child's emotions and foster a secure, nurturing bond between parent and child.

**At least 20 parent-child and parent-only sessions, plus a MIM assessment, are recommended.**

## Heart to Heart

Heart to Heart is a play-based therapeutic intervention for children and parent/carers, using games, creative activities, and psychoeducation to strengthen their bond. Grounded in neuroscience and attachment research, it fosters reflective skills through play while providing emotional support for both.

**12 parent-child or sibling sessions.**

## Therapeutic Play

The therapeutic play approach helps children express emotions and manage challenges through play. It is facilitated by a Certified Play Practitioner in a safe, supportive environment. Activities are tailored to each child's individual and sensory needs to support emotional well-being and development.

**12 sessions recommended.**

# Therapeutic Life Story Work (TLSW)

Therapeutic Life Story Work is a trauma-informed approach that helps care-experienced children and young people understand their life stories. Based on the Rose Model and supported by the Creative Life Story Work network, it provides a structured, safe, and creative space to explore experiences and address misconceptions.

This approach works best alongside creative or talking therapies, fostering trust and supporting trauma processing.

We offer varying levels of support tailored to each child's needs, with time for information gathering and the creation of a book or creative piece.

## All About Me

All About me is a fun and creative **6 session** programme, which can be one-to-one or in a group. It helps children explore who they are, their current life, and their hopes and dreams for the future.

## More About Me

More About Me is a deeper, **12 session** journey led by a trained worker, alongside the child and a supportive adult. Together, they explore key events, decisions, and the child's own thoughts about how they've come to where they are today.

## Therapeutic Life Story Work

Therapeutic Life Story Work is a longer, in-depth process of **20-30 sessions**, ideal for children working through complex experiences and trauma. With a focus on helping the child process and make sense of their experiences.

## Creative stories

This model creates personalised Therapeutic Story Books for younger children, using their chosen characters to help them understand key life events. The carer is supported through sessions, approves the story, and prepares for any child responses or questions. It takes a minimum of **20 sessions**.

# Other options for support



## Therapeutic Mentoring

Therapeutic mentoring offers 1:1 support for children and young people, both in and out of school. The focus is on building trust to encourage open communication, using a strengths-based approach valuing the individual. Mentors help build resilience and guide young people through emotionally challenging situations.



## Mindfulness

Mindfulness-based counselling helps individuals focus on the present moment and observe their thoughts and feelings without judgment. By combining mindfulness practices with stress management techniques, it supports both physical and emotional well-being.

COMING SOON

## Eye Movement Desensitisation and Reprocessing (EMDR)

Eye Movement Desensitisation and Reprocessing (EMDR) is a therapy that helps people process and recover from trauma. It uses guided eye movements or other bilateral stimulation while recalling distressing memories to reduce their emotional impact and change negative thoughts. EMDR is often used to treat PTSD, anxiety, and trauma-related issues.

## Dialectical Behaviour Therapy (DBT)

Dialectical Behaviour Therapy (DBT) is a form of cognitive-behavioural therapy designed to help people manage intense emotions, improve relationships, and develop healthy coping skills. It combines acceptance and change strategies, teaching mindfulness, emotional regulation and distress tolerance

**A minimum of 12 sessions is recommended for these approaches.**



# Assessment



## Multidisciplinary Assessments (MDA)



At Family Compass, we provide multidisciplinary assessments to understand a child's needs and challenges. We gather information from schools, families, and professionals, alongside our own observations, through parent interviews and assessments of the child's emotional wellbeing, relationships, and development.

Our team of psychologists and social workers explore areas such as developmental history, sensory needs, attachment, cognitive functioning, family dynamics, and how the child is managing in daily life. Each assessment includes practical advice and guidance to access further support, helping families better understand and support their child's challenges.

**Held over one day at the Family Compass Centre, this session involves both the child and caregivers. While we don't diagnose Autism or ADHD, we can discuss whether a diagnosis may be helpful.**



## Marschak Interaction Method (MIM)



A structured observation tool assessing child-carer interactions, focusing on clear expectations, sensitive engagement, nurturing responses, and the handling of challenges. It helps identify how the carer supports the child's emotional and developmental needs.

**A MIM must be completed as a precursor to a Theraplay intervention.**

## The Child Attachment and Play Assessment (CAPA)

This is a play activity for children aged 3-11. It helps assess attachment, relationships, and the impact of trauma by analysing how children complete story prompts using dolls.





# Training and Supervision

Family Compass offers professional training programs to enhance skills in supporting children and young people.



## Play Matters

Play Matters focuses on understanding the language of play and integrating therapeutic play techniques into daily interactions.

**3-hour workshop.**

## Understanding Trauma

An introduction to the impact of early trauma on development and its connection to attachment, including exploration of trauma-informed approaches, understanding vicarious trauma and the importance of self-care.

**2-hour workshop.**

## Preparing for Therapeutic Life Story Work

Preparing for Therapeutic Life Story Work equips foster parents and residential care workers to guide children through the therapeutic life story process effectively.

**3-hour workshop**

## Clinical Supervision

We offer tailored supervision for individuals and small groups in external agencies. Our safe, confidential sessions allow practitioners to reflect on their work, navigate challenges, and gain new insights. This reflective practice is key to maintaining professional standards, enhancing skills, improving practice, and supporting emotional well-being. Supervision also promotes self-care through stress management and healthy boundaries, helping to prevent burnout.

We provide both individual and group sessions to offer personalised support or collaborative learning, depending on your needs.

**Individual sessions are 1.5 hours and can be held in person or virtually.**

# Groups

Our range of therapeutic and creative groups is designed to support children, young people, and their families in building stronger connections and emotional resilience.

From trauma-informed parenting strategies to engaging play, movement, music, and art, each group offers a nurturing environment to foster attachment, emotional expression, and build coping skills.

## All About Me

All About Me  
A small group to support children and young people in exploring their identities, experiences, and feelings in a safe, nurturing environment

## Theraplay

Strengthening parent-child relationships through building attachment in a group setting

## Move, Play, Grow

A play and movement group for children under 8 and their parents

## PACE Therapeutic Parenting

Supporting parents in understanding trauma and building secure attachments

## Play Matters

A playful, creative group for children under 10 and their parents

## Artful Minds

A small group for 11-14 year olds use art to reduce anxiety and build confidence

# Room Hire

At Family Compass HQ in Barnstaple, North Devon, we offer five child and family-friendly therapy rooms for hire, along with a spacious group and training area.



## Garden room

Our unique Garden Room, once the platform of Barnstaple's Old Town Station, is the perfect venue for meetings, groups, and training. With stunning views of the River Taw and seating for up to 40, it's a spacious, light-filled venue.

**£27.50 per hour (£25 for non-profits)**

**£137.50 per day (£125 for non-profits)**

## Rainbow

The Rainbow Room is a bright, spacious area for art, music, and messy play, featuring a sink, table, chairs, and comfy seating.

## Sea

Our spacious, ocean-inspired Sea Room offers a calm setting for creative therapies and counselling, featuring comfy sofas, seating areas, and cuddly sea creatures.

## Heather

Our calm and welcoming Heather Room is perfect for creative therapies and counselling, featuring two sofas, a table, chairs, and space to play or relax.

## Forest

Our Forest Room is a calm, relaxing space for creative therapies and counselling, featuring cosy seating, a sofa, and a table with chairs—suitable for both children and adults.

**All £16.50 per hour (£15.00 for non-profits)**

## Sky

The Sky Room is a smaller, calm, cosy space ideal for counselling or one-on-one support, with a sofa, comfy chair, and table.

**£13.75 per hour (£12.50 for non-profits)**



# OUR APPROACH

At Family Compass we provide tailored, high-quality therapy packages designed to support each child and family.

## Trauma-informed

We prioritise trust and safety, providing a supportive space for children to process trauma. Our long-term approach fosters strong therapeutic relationships.

## Family-centred care

We prioritise clear communication with parents throughout therapy and provide tools to help them support progress at home.

## Flexible support

If more sessions are needed, we work with families and funders to explore options.

## Standard therapy package

Our typical package includes 20 to 30 one-to-one sessions. This will also include:

- **Initial session:** To meet key people in the child's life, gather information with the family, and set expectations for the therapy journey.
- **Midway review:** To review the journey so far and revisit any goals and outcomes.
- **End of therapy:** We provide a detailed therapeutic letter summarising the journey, strengths, challenges, and future recommendations.

# Professional standards

Our therapists are registered with BACP, HCPC, and BAAT and have specialist experience in trauma-informed and attachment-focused approaches

We specialise in supporting care-experienced children, those in kinship care, and those who have been adopted, recognising the unique challenges they may face

To ensure focused and personalised care, our therapists maintain small, protected caseloads

Ongoing monthly supervision, peer support, and training help our therapists stay at the forefront of best practice.



## Impact



Family Compass tracks progress in three key areas:

- Confidence and self-belief
- Positive relationships
- Managing strong feelings

In 2023-2024, **93%** of children reported progress in at least one area, and **82%** in two or more.

We also use **Goal Based Outcomes** to enable every child, young person or family to identify their own unique goals to work towards during the therapeutic process.



# HOW TO ACCESS SERVICES

If you're interested in learning more about Family Compass or exploring service costs, please contact us:

**Phone: 07873 759364**

**Email: [contract-admin@familycompass.co.uk](mailto:contract-admin@familycompass.co.uk)**

When reaching out, please provide key details about the service you're interested in and who it is for (anonymously). Based on this information, we will create a tailored service delivery plan and quote.

## Service Engagement

We believe support must be accessed willingly. While starting therapy can be a big step, individuals and families must choose to engage in the process themselves.

If you decide to proceed, we will develop a service agreement along with referral and consent forms to begin the process.

We aim to begin sessions and provide support as promptly as possible. However, there may be delays due to therapist availability.

## Session Details & Cancellation Policy

Sessions last for 1 hour and can be held in person or virtually. We have a 48-hour cancellation policy—sessions cancelled within this timeframe will be charged due to the therapist's reserved time. Where possible, we will reschedule the session.



# FEEDBACK



It's been incredible to see F's progress; it has been so inspiring to see how her confidence and ability to articulate her thoughts have improved over the weeks since she started coming to see you. The art has clearly been a huge influence. I wish there was something similar for adults!

Parent



We feel he's come a long way, and your sessions have been an important part of that progress. You made him feel so safe. We know there will be ups and downs but your time with him has been invaluable, especially as you actually 'saw' him as an individual.

Parent



"S is much more regulated at school and home. She has begun to name emotions and understand herself more. She has an improved ability to build relationships with others."

Referrer



It has been an absolute pleasure to have D work with you. He has such a great admiration for you, and we both feel buckets of admiration for your hard work. Your words are truly inspiring, and I might need a few days before I'm able to read your poem without crying, but will do so with love and pride. You have helped D on so many levels and he has finally found his voice. Words cannot express how proud I am.

Parent



Just thank you...C's support worker has been a pleasure to work with. The level of support Family Compass have provided has been invaluable to improving C's wellbeing and access to school.

Teacher



“ Not all cakes are  
perfect, but all cakes  
are yummy! ”



**FAMILY  
COMPASS**

Old Town Station  
North Walk  
Barnstaple  
Devon  
EX31 1DF

[www.familycompass.co.uk](http://www.familycompass.co.uk)

Registered Charity Number 1197742