



Heather Lucas

SEMH Support Specialist

Bitesized Psychology & Relational Support *for families and schools*

Dear School Leaders

Is Your ***Social, Emotional and Mental Health*** Culture where you want it to be?

It's an infinitely complex topic....



...Heather has developed a foundations first map...

...for defining your version of **Getting it right.**

She will partner with you to set your
Direction of Travel by:

- attuning to your values and goals
- providing new perspectives
- sharing maps and scaffolds from theory and practice



"Heather has a special skill
for taking huge complex
concepts and making them
approachable and digestible"

- Senior Integrative
Psychotherapist for Children
and Families

"Her unique
model is fascinating
and innovative."

- Director of Education

Heather's Approach:

- is grounded in a wide research base
- is highly relational
- is pragmatic
- involves moving away from some commonly held mindsets (eg how to use rewards and punishments)
- is exciting to contemplate!

Attuned
Not Prescriptive

Nuanced
Not Simplistic

"You are bringing lots of the information together so eloquently and practically. Thank you."

What does that look like in practice?

Choose from:

- Comprehensive or top-up training and support for staff
- Advice and reflection for day-to-day difficulties
- Policy alignment
- Presentations to stake-holders (parents, governors etc)
- Direct family support and home school link work
- Constructive and pragmatic feedback
- Various bespoke pieces of work.



Next Steps:

Choose your bespoke package and also add in a continued retained partnership for improved optimisation.

Book an audio or video **call to discuss** what **your journey** might look like.

Email: bitesizedpsychology@gmail.com



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Professional Profile

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Heather has a First Class BSc (Hons) in Psychology, an NCFE Level 3 in Counselling Skills and Theory and a host of shorter courses, as well as being highly self-taught. A fuller list is available on request. Her time as a Safeguarding, SEN and Wellbeing Governor enhanced this area of her knowledge. She invests in her Continued Professional Development with a minimal annual update of Safeguarding training as well as various conferences, networking and training.

Heather has Enhanced DBS certification with the Disclosure and Barring Service and is registered on the DBS Update Service. She maintains a Certificate of Public and Products Liability Insurance to an indemnity limit of £5,000,000.

Before setting up independently in September 2018 she worked between a group of small rural primary schools for 10 years supporting Social, Emotional and Mental Health (SEMH), whilst in the roles of Teaching Assistant, Learning Mentor and Home School Link Worker.

She has presented and trained on numerous topics related to social, emotional and mental health (SEMH), with a focus on primary school aged pupils and their families. She has written articles for TES magazine (March 2016) and Primary Teach magazine (March 2022) and was a guest on two consecutive episodes of the 'Tiny Voice Talks' Podcast, which is available on Spotify and other platforms (January 2023). She has used social media platforms to augment her Personal Learning Network. She is a member of the British Psychological Society and The Chartered College of Teaching. She has a personal passion for the subject and has experience of mental health difficulties within her close family.

Her work is underpinned by the values of understanding the impact of relational neurobiology and childhood development through an integrative psychological and therapeutic lens. She holds herself to a high standard of appropriate ethical practice. She encourages communication and transparency whilst taking care to maintain appropriate confidentiality and trust.

Heather has worked directly with pupils 1:1, in small groups to larger cohorts. She meets with families to share ideas and provide support and also mentors and trains school staff. She has a specific interest in developing whole school culture alongside SLT.

Professional Reflection

Heather engages in regular professional supervision. Her current supervisor is a Senior Integrative Psychotherapist for Children and Families at Beacon House Therapeutic Services and Trauma Team. (<https://beaconhouse.org.uk>).

Her previous supervisor was an Integrative Child and Adolescent Psychotherapist UKCP based at Touchbase Trauma Services. (<https://touchbase.org.uk>) (2018-2023)