

Therapies offered at Elm Grove Primary School

At Elm Grove we are passionate about developing and supporting the 'whole' child and this includes their emotional and mental health and wellbeing. We work with skilled practitioners to offer a range of therapies in school in order to do this. Please find below some information on the current therapists working in school and what their job roles are. If you have any questions about the below or are interested in accessing some further support for your child, please email the Inclusion Team on inclusionteam@elmgrove.brighton-hove.sch.uk.

(Please note that some of these services have a waiting list.)

Emily Macdonald – Family/Systemic Practitioner



Hello! I am Emily Macdonald and I work at the school on Wednesdays. I am a Music Therapist (though I also use art, games, toys, puppets etc!) and a Family/Systemic Practitioner. The systemic nature of my work means I am really interested in speaking regularly to teachers, TAs, parents etc involved in a child's care. From this we potentially have multiple perspectives and resources on which to draw on. My email is emily@heldinmind.co.uk and more information about the service can be found on the website www.heldinmind.co.uk.

Cleopatra Fraser, Education Mental Health Practitioner

Hi, my name is Cleopatra Fraser, I am an Education Mental Health Practitioner, working within the Schools Wellbeing Service in different primary and secondary schools within Brighton. I work alongside children and young people who experience mild – moderate anxiety or low mood. I am able to offer Low Intensity Cognitive Behavioural Interventions, this can be either in the format of one-to-one or group sessions. I work at the school on a Tuesday. Please do contact the Inclusion Team if you have any further questions.



Issy Wright, Trainee Arts Therapist



Issy is a trainee arts therapist. She has a background in Design from Goldsmith University and is completing her Masters in Integrative Child Psychotherapy at The Institute for Arts and Therapeutic Education (IATE). Issy takes on a child-led approach and supports her sessions with different art activities such as image-making, clay, sand play and instruments. She believes that that in order to be successful in her role a strong relationship needs to develop to help enable a child to feel safe enough to process emotions. She also wants to maintain positive relationships with parents/carers to further support them and their child.