

Sometimes, through no fault of their own, children and young people can find their emotions get in the way of developing and learning.

Caspari Foundation believes that all children who need help with development and learning should be able to get accessible, affordable and appropriate support for their needs.

Caspari Foundation helps children explore and make sense of events they find difficult to deal with. We do this by providing;

- educational psychotherapy for children and young people
- support for families and schools
- training for teachers and others who want to learn about the emotional aspects of learning difficulties
- training for teachers and others who want to become educational psychotherapists



## What is Caspari Foundation?

Caspari Foundation is an independent charity that helps children and young people overcome emotional, learning and behavioural difficulties. It has been the leading provider of educational psychotherapy since 2000. Educational psychotherapy was developed by Irene Caspari, principal psychologist at the Tavistock Clinic, London.

At the Foundation we use tried and trusted ways to measure the effectiveness of what we do. All our therapists have many year's experience of teaching young children with emotional learning difficulties, have received specialist training in educational psychotherapy and are registered with the United Kingdom Council for Psychotherapy.

Please don't hesitate to get in touch if you would like to find out more. Our team are more than happy to answer any questions that you might have.

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# For emotional wellbeing and learning



## What is educational psychotherapy?

Educational psychotherapy is a highly effective way of helping children and young people to learn. It combines teaching with a chance for children and young people to explore and make sense of painful or traumatic experiences that might get in the way of learning and development.

## Who benefits?

Educational psychotherapy can help with a wide range of problems experienced by children and young people from all walks of life and at different points in their lives. Children may have experienced the death of a parent or other family member, they may have witnessed a violent or traumatic event or they may bring with them negative experiences of school and teachers. They may feel that they are to blame for all the bad things that happen to them and their families.

## How will I recognise if this is right for my child?

At Caspari Foundation our trained therapists have a great deal of experience in recognising children and young people who are most likely to benefit from our help. An initial consultation will allow us to discuss your child's needs before beginning regular psychotherapy sessions. Our services can help children and young people:

- with learning and communication difficulties
- with emotional difficulties
- who have poor social behaviour and find it difficult to form relationships
- who are at risk of school exclusion

Some of the signs we might look for are a lack of interest in learning, difficulty dealing with adults, and disruptive behaviour, and feelings of anger or fear. Educational psychotherapy can help your child overcome these problems.



## What difference does it make?

Educational psychotherapy gives children space and time to explore and come to terms with events that make it difficult for them to learn. It helps them to develop the emotional confidence and self-esteem they need to overcome their problems.

## How does it help?

Educational psychotherapy uses specially designed activities such as story telling, drawing, and playing to help children make sense of their difficulties. The use of structured, familiar activities helps children gain the confidence to start learning. The therapists are highly skilled at adapting teaching methods to help children overcome emotional blocks to learning and development.

## How long will it take?

Children usually meet with the therapist for 50 minutes once a week. Sessions take place during term time may continue for four terms or more

## How do you know it works?

Our results speak for themselves – over 90% of children and young people make an overwhelming improvement as a result of receiving our support. But don't take our word for it...



Reece had a difficult early life characterised by disruption, loss and trauma. These experiences impacted on his performance at school, where he was restless, distrustful of teachers and lacked the confidence to tackle learning and to gain basic skills.

Reece was fortunate in being referred to Caspari Foundation by the school educational psychologist, who understood that his difficulties required a specialist approach. At Caspari Foundation Reece was offered regular weekly sessions with an educational psychotherapist.

Reece was able to use creative activities and familiar curriculum subjects to express and explore past experiences and feelings. Writing and discussing stories was particularly helpful to him.

Based on her understanding of his responses to learning the therapist adapted her teaching methods to suit Reece, who gradually gained the confidence to “have a go” at learning tasks. The therapist shared her understanding of Reece's difficulties with the school staff and together they devised helpful classroom strategies for him.

Reece carried this newfound confidence into his school setting where his teachers reported a much improved “sense of himself” and attitude to learning and relationships.