



PSYCHOTHERAPY & WELLBEING

# NEXT STEP IN SCHOOLS

**SCHOOLS BROCHURE**





# OUR COMPANY'S STORY

Next Step Psychotherapy & Wellbeing (NSPW) was established in 2013 by our founder Lyndsey Waugh, after struggling to keep up with demand for new contracts and working in schools she knew she couldn't do it on her own and needed to expand and recruit, she also had a clear vision in what she wanted in a practice and collective therapeutic community, first and foremost put the client at the heart of what we do, to thrive, create sustainability, continue change and evolve and offer a holistic approach to therapy, here NSPW was established.

In 2015 NSPW expanded therapeutic interventions within schools even further which still continues to provide the need for specialist therapy in schools to this day, established close relationships with the Wallsend Community partnership as part of the Save the Children group within a national piece of research. It was also around this time we were able to take big strides within training in the Mental Health Sector.

Come 2016 now and we are now a "we" with various team members including the first of our trainees starting their placements in schools, we continued to grow opening practice at Monkseaton Clinic in a shared practice, seeing adults, children, teens and couples to be able to offer a more wide range of therapy. Moving on to 2021 we opened a center in Gosforth Clinic we also have a training room ready to offer mental health and educational training, and then more recently 2024 opening our clinic above the library in Monkseaton to our own larger clinic.

We are ever evolving in an ever changing world, we currently expanding our training course with including advanced specialist Diploma in Supervision, and so much more to come.

With thanks to each and every one of our clients, staff, schools and partnerships!



## **TOP FIVE REFERRALS**

**FRIENDSHIP**

**RELATIONSHIP WITH FOOD**

**DEPRESSION AND  
OTHER MOOD  
DISORDERS**

**BEHAVIOUR  
DIFFICULTIES**

**ANXIETY**



## **DID YOU KNOW?**

**ON AVERAGE IT COSTS £50-£90 PER 1 SESSION FOR THERAPY IN THE UK.**

And this does not include travel to onsite, any other paperwork stats, letters etc.

Not to mention they have to have the following each year:

**SUPERVISION: AVERAGE COST BETWEEN - £1000 - £1500**

**MEMBER OF THE BACP/UKCP: AVERAGE COST BETWEEN - £170 - £300**

**ACCREDITATION: AVERAGE COST BETWEEN - £300 - £600**

**INSURANCE: AVERAGE COST BETWEEN - £150 - £350**

**DBS: AVERAGE COST BETWEEN - £50 - £90**

**ADMIN OR REPORT WRITING: AVERAGE COST BETWEEN - £50 - £450**

**CONTINUED PROFESSIONAL DEVELOPMENT (CPD) & FURTHER TRAINING: AVERAGE COST BETWEEN- £250 - £2500**





# OKAY SO HOW ARE YOU KEEPING IT BUDGET FRIENDLY?



The truth is we work hard at what we do including nurturing what we have, including our staff. Whilst we are a business essentially we constantly invest invest invest! We nurture our staff so they get the best of what they need and feel secure. This we feels goes hand in hand with the work they can do for you. Most therapists work with us the majority of the week and are employed by us.

## WE ARE CONSISTENT

We are consistent in what we do!, You may have had a service or heard of one where they come in to see one child, are perhaps charity based service using volunteers, we've tried working in many different ways over the years but we've come to the conclusion that in order for our service to run effectively we only offer a minimum of a half a day in your school.

This way we can be a part of your team and staff are overall but it's so unfortunate but there is just not the consistency needed and unhappy staff too doing lots of travel in their day and not having a base, therapy needs to be a constant streamlined process. Which is why we do not offer a one hour service, when we go through a consultation process we often more than not are able to find the two other pupils or children that could really benefit from therapy.



**WE'VE GOT YOU  
COVERED!**

**FULLY QUALIFIED THERAPIST**

**ACCREDITED OR WORKING TOWARDS**

**REPORT WRITING TOWARDS OFSTED**

**EXPERIENCE**

**ENHANCED DBS**

**CLINICAL SUPERVISION**

**BACP/UKCP REGISTERED**

**INSURANCE**

**ENHANCED DBS**

**TERMLY CLINICAL REPORT**

**CPD**

**SUPPLIES**





# Pricing

No jargon just up front costs.

**1/2 Day Service**



Fully qualified therapist, up to 3 sessions.

**Termly Cost**

**£135  
per day**

**Academic Year**

**£110  
per day**

**1 Day Service**



Fully qualified therapist up to 5/6 sessions or/and lunch time drop in group the choice is yours.

**£245  
per day**

**£220  
per day**

**1.5 Day Service**



Fully qualified therapist up to 5/6 sessions or/and lunch time drop in group the choice is yours.

You also have a final year therapist onsite the same day for an additional 3 sessions.

**£250  
per day**

# Setting up the service



## Pre - set up

If you're interested in talking about our plans further we would set up a meeting (usually done in school) to discuss your school need. Such as the social economical impact, what other provision your have etc. It's important we get it right as therapy and therapist is tailored to each school.

## Set Up

We can introduce our counsellor, find a suitable room or rooms, go through any paperwork and designate a school contact link. We also offer staff or assembly introductions, this really helps everyone get on board and ask any questions they may have about therapy. This could be extended to parents consultation too.

## Starting

We assign a start date, already having the referrals prepared before hand along with consent forms, and away we go.



# Staff Psychotherapy & Counselling

We all know that teaching can be rewarding, but it also can be demanding. Boosting all staffs wellbeing give a holistic healthy approach to your school. When you buy in, staff can either have face to face at both our clinics or online or a mixture. Speak to us for more information.



**DID YOU KNOW THAT 35K TEACHERS LEFT THEIR JOBS FOR OTHER REASONS OTHER THAN RETIREMENT LAST YEAR ALONE?**






# Testimonial



**Mrs Templeton - Executive Head - Durham Schools**

"Denise, our allocated counsellor has developed excellent relationships in school and feels very much like “one of the team”.

We have found all aspects of their service to be extremely professional and would not hesitate to recommend them. We also access other services via Next Step such as counselling training for staff, 1:1 staff support and general staff training across our Federation of schools."







# **We look forward to working with you!**

We'll be in touch regarding your working pattern and location of school if applicable.

Thanks for choosing us !