

**Total**  
Children's  
**Therapy**

Emotional Based School  
Non-Attendance  
(EBSNA) with our EP  
Team Service

[WWW.TOTALCHILDRENSTHERAPY.COM](http://WWW.TOTALCHILDRENSTHERAPY.COM)





## EBSNA - Introduction

Our service is offered by Dr Vicky Mullan BSc (Hons) PGCE DEdPsych - Educational Psychologist.

Vicky is registered with the Health Care Professionals Council and a member of the Association of Educational Psychologists. She qualified as a secondary school science teacher in 2015 before studying to become an Educational Psychologist at the University of Southampton in 2017.

Vicky worked as an educational psychologist for two years at a local authority before beginning work at TCT. She currently works part-time for the local authority alongside her role with us. Her favourite part about her job is meeting the children and young people and hearing about the way they see the world.

She has a passion for working with children and young people with social emotional and mental health needs and completed her thesis looking at the influence of self-esteem on the mental health of young people who had been bullied.

Vicky loves working with children and young people of all ages and works in a variety of different ways depending on what is needed in the situation. She is always keen to gather the views of the young person, parents and school staff and will support you in working together to create an environment where the young person can thrive and achieve their goals.



## EBSNA Service outline

Dr Vicky Mullan will be offering a consultation and bespoke support service for TCT specifically tailored to children and young people who are struggling to access education.

EBSNA, also known as Emotionally Based School Avoidance (EBSA), is a positive and supportive service to help schools and families develop strategies to help children and young people access education in a way that they can feel successful.

Vicky comes from a teaching background so is passionate that any support that should be provided is agreed with school staff and adapted where needed. She can provide the following services:

### For Families

- Indirect psychological consultation and formulation around an individual and/or their system.
- Support with Emotionally Based School Avoidance, this is tailored to suit the need of the individual.
- Support with children who are finding it hard to access learning in the classroom.
- Cognitive Behavioural Therapy - based around developing understanding of thoughts, feelings and behaviours related to worries around being in school.



## EBSNA Service outline continued

### For Schools

- School consultation package: 3 hour session where schools can discuss up to 4 children at a time.
- Bespoke schools training for twilight sessions/inset days
- Supervision for teachers who are working with children who are communicating their needs through displaying challenging behaviours. This would be available for groups of up to 5 teachers at a time.

Please enquire for fees for all three of the above options.

### How will this service be offered?

- In person at schools, the TCT clinic or via virtual consultations.
- Referrals can be accepted from schools or other professionals, or families can also self-refer.



## Who is the service suitable for?

Vicky is keen to work with children, young people and the adults who support them in everyday life e.g. parents/ carers and school staff.

## Fees

Appointments charged per hour - £135

Please note our fees are the same for both face to face and virtual sessions as they take the same amount of time and preparation for the clinician.



FOR FURTHER DETAILS OR TO MAKE A BOOKING

# Contact Us

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