



BUSH & CO

Behaviour Services

Finding the right solution

About the Behaviour Therapy Service

At Bush & Co, we believe that behaviour displayed by a person that is difficult for us to manage is only an attempt by them to get their needs met and is being presented in a way that is not yet understood.

Following trauma or catastrophic injury, many clients struggle to adjust, and loss and adjustment is a key barrier to rehabilitation in these instances.

That is why we have a broad range of behaviour therapy specialists in our team, including play and creative arts therapists, who work to interpret the misunderstood language, make sense of what is happening for all involved and implement tools and strategies for children, young people and adults to move forward in their rehabilitation.

Each client presents with their own challenges and family dynamics; no two clients are the same. For this reason our service is centred on bespoke packages put in place around the client and in many cases, around the family too.

How can we support your client and their family?

We offer general behaviour support, family support, creative arts therapy and play therapy across our UK wide network of behaviour therapy specialists.

In particular we provide:

- Assessment of needs
- Identification of behaviour triggers
- Psychological education
- Training
- Provision of behaviour plans
- Signposting to additional support

Our Behaviour Therapy Specialists

Below is a list of our behaviour therapy specialists based across the UK along with a link to their CV.

Our simple, easy to use online search tool can also be found at search.bushco.co.uk where you can browse all of our specialists, shortlist CV's and send an enquiry all at the touch of a button.



Bev Palmer

Behavioural Specialist

Pre-school Children 1-4 years, Children 5-11 years, Adolescents 12-18 years, Young Adults 18-25 years

 Derbyshire

[VIEW CV](#)



Lynne Atkinson

Behaviour Therapist

Young Adults 18-25 years, Adults 25+ years

 Edinburgh

[VIEW CV](#)



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Edward Bbira

Behaviour Therapist

Children 5-11 years, Adolescents 12-18 years, Young Adults 18-25 years

 London

[VIEW CV](#)



Stephanie Durnin

Behaviour Therapist

Adolescents 12-18 years, Young Adults 18-25 years, Adults 25+ years

 Northamptonshire

[VIEW CV](#)



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Rebecca Homan

Behaviour Therapist

Young Adults 18-25 years, Adults 25+ years

 Leicestershire

[VIEW CV](#)



Becky Hullett

Behavioural Specialist

Pre-school Children 1-4 years, Children 5-11 years, Adolescents 12-18 years, Young Adults 18-25 years, Adults 25+ years

 Nottinghamshire

[VIEW CV](#)

About the Behaviour Therapy Support Sessions

The majority of our clients are supported through our initial six week support sessions



Arranging a meet and greet

Following instruction, our behaviour specialists will contact the client to arrange a meet and greet to explain the six week support sessions, identify needs and gain consent to continue. It is important the client feels safe with us and know what to expect and we understand their needs.



Addressing barriers

The six week sessions aim to first address the barriers, including loss and adjustment, and we use visual resources which are especially useful where clients have cognitive challenges. We explore the client's life before the injury and where they place themselves; and then discuss the injury and where they are now. This approach gives us a real understanding of whether they lack insight into their cognitive and life challenges.

In addressing these initial barriers, we focus on how to transition through loss using models such as Gormans liminality Model.



Communication

Once barriers are understood we work on communication within the transactional analysis framework, looking at what ego states drive particular behaviours.



Setting goals

By session four, we set clear and realistic goals for the client. Setting them too early when barriers are still in place can set the client up to fail. We use a stepping stone process to ensure the client is full engaged and can achieve outcomes.



Celebrating success

In session five we put all our focus on that goal because once the client has achieved a goal we have momentum and they are fully engaged. It's about exploiting that in the best way possible and to celebrate success.



Consolidation

The final six week support session involves consolidation. We go through what the client has learnt and understood, how they feel as well as look at them moving forward.

We may continue to work with the client past the six week intervention but the sessions are designed so that within the six sessions, goals are achieved and we see a shift

Instructing Behaviour Therapy Support

Instruction received

Client receives a letter introducing them to the service within a week and a meeting is set up to suit the client



Client contacted the day before meeting to check in

The second session begins to discover client need by focusing on life before the injury and where they are now



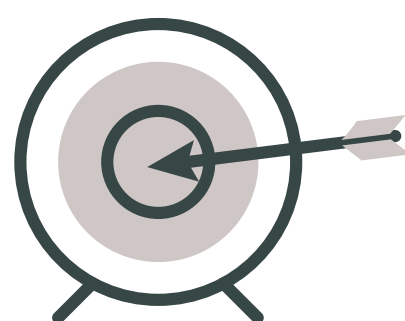
First meeting set up

Meet and greet takes place in a location chosen by the client. Home is preferred but some prefer a public place



The third session teaches communication and explores what ego state drives particular behaviour

The fourth session sets clear goals for the client

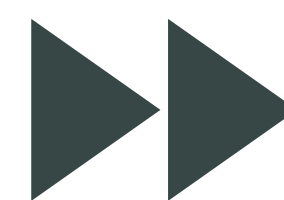


The fifth session focusses on the goals and creating momentum to move the client forward

To submit an instruction simply email:

Further sessions can be arranged if required

The sixth session considers what the client has learnt, what they understand, how they feel and how to move forward post-intervention



behaviourreferrals@bushco.co.uk

www.bushco.co.uk

Client outcomes: From football to frustration

At eight years old, life seems simple and fun; playing football is the aim of the day and spending time with friends seems to be the only responsibility you have on your plate. An acquired brain injury can shatter that 'norm' in an instant and change life forever. In this honest and inspiring account of a young adult who has lived with his brain injury for 13 years, we find out that hopes and dreams still exist and goals can be achieved in abundance.

"I was eight years old when I had my accident. I played football and was captain of my school team and local community team. Like many little boys I dreamed of being a professional football player and my local team Derby County was my goal. I loved riding my bike and just doing what kids do; I didn't know any different and never thought I would.

Then my accident happened and for many years I was angry and frustrated. I didn't feel understood anymore and suddenly my life was full of people. I didn't know why I needed them, they weren't there before.

Nothing felt right

I didn't know what rehabilitation was at first but it was tough. I was a child with all these adults around me telling me what to do. As I grew up things became harder. People kept telling me how good I had been before my accident and I knew I wasn't the same as before which upset me. I needed help with everything, at a time when I should have been gaining independence. I always used to be able to feed and dress myself, why had that changed? My siblings made me angry too and they would be frustrated with me...nothing felt right.

Despite not liking all of these adults around me, I did like certain therapists who I could see were there to help me. My speech and language therapist was good. She helped me to understand what other people were saying when they said things like "it's raining cats and dogs" - I thought this was real and not just a saying. She made sessions fun!

My physiotherapist helped me to walk again and supported me to strengthen my muscles and correct my foot which didn't work in the same way as before. Our aim was to get me back to playing football.

I didn't cope very well with therapists who looked too professional and still don't today. I preferred people to dress in a relaxed way rather than carrying brief cases and looking like a professor!

Coping with being 'different'

With all this going on in my life, growing up I felt the odd one out and I felt different. I would worry that people could see the differences in me all the time. I had a long time out of school during my recovery and when I went back I really struggled. I felt everyone, including my brothers, were moving on and I was stuck. I began to hate school because I was bullied for being different which was made worse by needing my own teaching assistant and a porta cabin where I could go to unwind and listen to music and work in peace. I was missing out and had no friends.



My behaviour therapist and case manager saw how upset this was making me and found me a new school placement that gave me opportunities to learn in more practical ways. I even worked on a farm looking after sheep and chickens and drive a tractor. I felt much calmer outdoors and achieved NVQ qualifications which I am really proud of.

As my recovery continued I tried to play football again but was told I was "too aggressive" so I was supported to change sport and started to play cricket. This was great and I realised I was really good. I won player of the year award when I played for my county's disabled team and was selected for the England under 16 disabled team. I still play cricket locally today and have just passed my umpiring exams. When I wasn't playing cricket back then I was on my X-Box of course!

Looking back

As a young adult looking back, I am proud of how I have learned to control my anger. I have accepted that I have challenges and I know I can get easily overwhelmed by too much information and too many things happening at once. I now accept support from others and know what my limits are but the difference is as an adult I get to choose what I have support with and that makes me feel more in control. For example, I was supported to do three bush and craft survival courses at NVQ level and this helped me to realise strengths I didn't know I had. Who'd have thought I'd be the fastest student to make a fire by bow drill and learn to forage for food, build shelters and keep myself safe. Finally I believed in myself again and having been told I would never drive a car, went on to pass my test and now have my own car.

Becoming me again

I now have a partner and am so proud to say I am a dad, two more things that never seemed possible back then. My hopes and dreams are for my son to be happy and not make mistakes and for me to be able to help and support him and others. I would like to be a mentor to others going through life following acquired brain injury and have dreams to run a small holding with chickens and a few goats.

My case manager and behaviour therapist from Bush & Company helped me be me again. They heard my voice and made things happen like school, college and work as well as understanding the emotions I was going through. They helped me to not only recognise my own behaviour but understand others. I know more about my brain injury now and I don't know what I would have done without them. Today I don't need them so much as I am more settled but it's reassuring to know they are there if I need them and they believe in me."

Working with children

All ages can display behaviour that is difficult to manage however with young children the challenge is how to ensure their voice is heard. Parents will advocate for their child but often have their own experience of trauma and post-traumatic stress which can hold back the process for the child.

Children can be highly resistant to people coming in and telling them what to do and don't think years ahead like adults do, they think in the moment.

When a child is engaged in many therapies at an early age, it is important that they understand that they have a voice, they are listened to and everyone is there to support them and make them part of that process.

This is where **play and creative arts therapy** comes into its own. The focus is primarily on the child and the child gets power through non-directed play therapy where by the child brings their story to the process.



Play and creative arts therapy slows the child down, keeping them in the moment to then be able to uncover barriers, anxieties, hopes and desires; key elements to a child's behaviour and rehabilitation that can be shared back with multi-disciplinary team to take stock and understand the next steps.

Our teams get increased engagement in rehabilitation from the child but another vital outcome is that those around the child should take time to listen and respect the child's voice.

The therapist provides a toolkit which they present to the child so they can use creativity as a metaphor to explain their story. Using tools is less traumatic and eventually means the child can voice their issues.

Play therapy and creative arts therapy engages children in a process that is relevant for them and not a generic process where they don't understand the language spoken or the people in the room.

Our therapists go at the child's pace. As adults when working to demonstrate outcomes, there can be a tendency to hurry up a process to get to the end goal.

Our Behaviour Service A Unique Provision



What others say about our Behaviour Service and the team



Bev Palmer, Senior Behaviour Specialist has been an integral part of the multi-disciplinary team for many of our brain injured clients and their families.

Her expertise in this area is phenomenal and she has made a real difference to the clients and families that we work with. Her involvement is also pivotal in guiding an evidence based and consistent approach to behaviour support by the whole team working with the client.

Rebecca Hey, The Rehabilitation Partnership

My behaviour specialist helped me be me again. They heard my voice and made things happen like school, college and work as well as understanding the emotions I was going through.

Client

Bush and Co provide an excellent service. We would have been totally lost without the support of Behavioural Specialist Bev Palmer. Bev has a great relationship with our son who has an Acquired Brain Injury, and the support Bev provides for us is exceptional. As a family Bev has given us a wealth of knowledge and plenty of strategies and resources in helping us support our son to lead a full life .

Client family

Get in touch

To find out more about our service or to make a referral:

Visit: www.bushco.co.uk/casemanagement/behaviour-services/

Email: behaviourreferrals@bushco.co.uk

Call: 01327 876210

