

Therapeutic Story Writing

A Transformative Intervention for Emotional and Academic Growth

Therapeutic Story Writing (TSW) provides a unique, supportive space where children can thrive emotionally, socially, and academically. Key benefits include:

★ Emotional Wellbeing

- Reduction in anxiety
- Processing emotions safely

★ Academic Improvements

- Enhanced literacy skills
- Increased engagement

★ Social & Behavioural Skills

- Improved peer relationships
- Boosted confidence

Structured Therapeutic Story Writing Sessions

1. Feelings Check-in

Children are supported to share their feelings in a small group environment.

2. Review of Stories

Emotional themes from previous sessions are revisited to reinforce key learnings.

3. Theme Introduction

A story theme is suggested related to group needs, or children choose their own.

4. Writing Time

Both children and facilitators spend 15–20 minutes writing their stories.

5. Sharing and Feedback

Stories are shared to receive constructive and encouraging feedback.

6. Engagement Game

Sessions close with an activity designed to build listening and social skills.

Key Information

- Suitable for children 7-12 years old
- 10 term-time weekly sessions
- A research-backed, creative and fun approach to learning

Led by Dr Pippa, The Child Psych is a growing practice in the heart of Berkhamsted. Our multi-disciplinary team specialise in ASD, nurture and attachment; we have years of experience carry out assessments, supporting academic achievement, and designing and implementing bespoke interventions. We believe that with our evidence-based methods and personalised support, we can help young people in each stage of their journey.



For more information or to book, get in touch with us at...

 hello@TheChildPsych.co.uk



 www.TheChildPsych.co.uk  113 High Street, Berkhamsted, Herts, HP4 2DJ

Dr. Pippa Busch
(Hons), DECPsy, CPsychol

Child and Educational Psychologist
HCPC Registered.

Other services that we offer...

FAMILIES

Services that help you learn, find your community, and mingle with people who get it!

Events

- ★ Coffee Mornings
- ★ Psych Nights

Interventions

- ★ Group Interventions
- ★ 1:1 Interventions

Kids Groups

- ★ Happy Confident Me
- ★ Emotional Based School Avoidance (EBSA)

Home Consultations

- ★ A personalised service for you and your child

EDUCATORS

Collaborating with educators, The Child Psych translates the latest research into classroom-ready resources and career-enhancing development, with children at the heart

Educator Training

- ★ ELSA Training

Bespoke Training

- ★ INSET Days
- ★ SEND and Inclusion

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