

COUNSELLING & ART THERAPY

SERVICES

DEDICATED TO SUPPORTING
LOCAL SCHOOLS &
COMMUNITIES IN BERKSHIRE &
SURROUNDING AREAS



WWW.CCCAT.CO.UK



WHO ARE WE?

OUR AIM

To support the well being of young people, their families and school staff through creativity & self expression.

CC Counselling & Art Therapy CIC (Community Interest Company) is a counselling and art therapy service dedicated to supporting local communities in Berkshire and the surrounding areas. We believe every child, young person and adult deserves a safe, nurturing space to explore their emotions, process difficult feelings, and grow in self-awareness.

CCCAT was set up in 2025 by Corinne & Char, two local therapists with a shared passion. While united in our values, we bring unique perspectives and approaches to our practice, ensuring that every person's needs are met with care, creativity, and flexibility.

At CCCAT, we understand that some feelings can be challenging to put into words. That's where art therapy becomes a powerful tool. Through art-making and the therapeutic relationship, clients of all ages can explore and express their emotions in ways that feel natural and non-judgmental. Whether using traditional counselling techniques or creative expression, our goal is to empower each individual to process their experiences at their own pace and in their own way.

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WHY DO OUR SERVICES MATTER?

Young people, their families & school staff need our support now.

- In the 2022-2023 'Rethink' Report the CAHMS average wait time for access to services was 108 days.
- In the same time period, 6,300 children waited over 2 years for mental health support.
- Overstretched services means there is greater demand for immediate, accessible and affordable intervention.
- Data from Berkshire Healthcare NHS states that 5,800 children were referred for mental health support from April 2023-2024 - the highest in 5 years.
- Parents are reporting an increase in anxiety, stress sometimes resulting in young people struggling to attend school.
- In a 2025 study from Queen Mary University of London and Barts Health NHS Trust, it was shown that hospital staff who took part in group art therapy sessions reported much lower emotional exhaustion, depersonalisation, and less stress, anxiety and depression.
- The study demonstrates that 'burn out is an issue across numerous professions such as teaching, social care and in the corporate sector'.
- Demand for therapeutic intervention is rapidly increasing.



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WHAT DO WE OFFER?



1:1 ART THERAPY SESSIONS



What is it?

Art therapy is a form of psychotherapy that uses art media as its primary mode of expression and communication. Art materials are used as a medium to address emotional issues which may be confusing and distressing. Art therapy is not a recreational activity or an art lesson, although the sessions can be enjoyable. Clients do not need to have any previous experience or expertise in art.

Art Therapy offers a trusting, warm and safe place to explore any issues or concerns they may be facing. Our Art Therapist will not give advice, will not judge and will offer empathy and compassion throughout the session. The therapist is there to listen and, at times, interpret the child's creative communication to help make sense of their inner thoughts, feelings and experiences. Art therapy can provide a creative space to express their experiences. Clients lead the session and they choose what to bring.

What to expect?

The session will last 50 minutes and will be on the same day and same time each week. A private space is required, preferably with a sink and a locked cupboard to store artwork.



THERAPY

1:1 CREATIVE COUNSELLING



What is it?

Counselling is a safe space just for you to talk privately with someone who is trained to listen to any thoughts, feelings and experiences the client maybe facing. Our Counsellors will not give advice, will not judge and will offer empathy and compassion throughout the session. Clients lead the session and they choose what they want to talk about.

Creative therapy uses activities like drawing, painting, making things or playing games to help individuals express thoughts and feelings that can sometimes be difficult to put into words.

It can create a safe environment to help share what's going on inside.

Creative therapy supports communication and emotional understanding. It can help with reflections, stress relief and self-awareness.

Counselling is non-judgemental, compassionate, empathetic and client led. Through the therapeutic relationship we aim for clients to really be heard and understood.

What to expect?

The session will last 50 minutes and will be on the same day and same time each week. A private space is required to ensure confidentiality.



EFT: EMOTIONAL FREEDOM TECHNIQUE



What is it?

EFT - Emotional Freedom Technique

We can think of **EFT** as acupuncture without the needles as it's based on traditional Chinese medicine. It stimulates various pressure points to relieve stress.

Tapping brings a calming effect on the **Amygdala** - The stress centre of the brain.

Tapping on certain points has a calming effect on **Cortisol**, the stress hormone.

EFT is a simple tool to help the body settle, reduce feelings of overwhelm, and make some room for clarity and steadiness.

EFT is a:

- *Trauma informed approach*
- *Safe and gentle*
- *Supports nervous system regulation*
- *Can provide immediate relief and long term emotional healing.*

What to expect?

As qualified EFT practitioners this approach will be offered to you in your sessions should you wish to explore this method.



GROUP WORK: YOUNG PEOPLE



What is it?

Creative Group Work provides a space to support emotional, psychological and social well being. Themes are identified for example; 'Managing Change', Exam Stress & Identity.

There will be 2 facilitators who offer a framework including creative approaches, counselling skills and EFT (Emotional freedom technique). The combination of art making, talking and reflection enables individuals to explore thoughts, feelings and beliefs safely.

The aims of group work include:

- *peer support, building connection, communication*
- *developing coping skills, self discovery*
- *supports emotional well-being.*

Duration of session: 1.5 hours

What to expect?

- We run 10 week programmes for up to 8 participants.
- We require a space with a sink and a cupboard where we can store the artwork.
- CCCAT to provide group pack including referral forms, consent form, letter to parents and all art materials.
- If the group is taking place in a school setting, we will meet with the young people prior to the group starting and invite them to join us.



GROUP WORK: STAFF & FAMILIES



What is it?

Creative Group Work provides a space to support emotional, psychological and social well being. Whether the group is for a staff team or parents within the community, CCCAT will work with you to identify a theme.

This could include staff burn out or parent overwhelm for example.

There will be 2 facilitators who offer a framework including creative approaches, counselling skills and EFT (Emotional freedom technique). The combination of art making, talking and reflection enables individuals to explore thoughts, feelings and beliefs safely.

The aims of group work include:

- *peer support, building connection*
- *communication*
- *self discovery*
- *developing coping skills.*

Duration of session: Dependent on requirements

What to expect?

- We run 10 week programmes for up to 8 participants.
- We require a space with a sink and a cupboard where we can store the artwork.
- CCCAT will provide all art materials.

HOW WE WORK TOGETHER



INITIAL ENQUIRY

Via Email

1



CALL ARRANGED

Discuss our services in more detail

2



FACE-TOFACE MEETING

Information packs provided including forms, contracts and agreed dates

3



INVITE YOUNG PEOPLE / STAFF TO GROUP

Young people /staff chosen for the group and formally invited to attend

4



INVOICING PROCESS

Every half term a new invoice is issued

5



EVALUTION

Schools are provided with evaluation forms at the end of the 10 week programme

6

MEET THE TEAM

CORINNE HARDMAN

Corinne qualified as an art psychotherapist in 2013 after completing her MA at Roehampton University.

She has experience working with children with a wide range of challenges. She has worked in SEN, SEMH and main stream school settings.

Corinne works 1:1 and offers group sessions if appropriate. Clients may have emotional, behavioural or mental health problems, learning or physical disabilities, life-limiting conditions, neurological conditions and physical illnesses.

She is a fully accredited member of the HCPC (Health and Care professional's council) and a member of BAAT, the British Association of Art Therapists.



Corinnes dedication truly transforms our children's wellbeing.

By collaborating effectively with professionals and building strong, trusting relationships, she creates a safe space for self expression. Her patience and personalised approach allow each child to express themselves in their own way and time, leading to noticeable improvements in emotional regulation and confidence.

The positive changes we witness are testament to her impactful work and commitment to their growth.

Assistant Head Teacher, Kennel Lane School

CHAR MORGAN

Char is a fully qualified Person-Centred counsellor with over 5 years' experience working with adults, children and young people aged 9-18 years and above. Char's training background involves levels 2, 3 and 4 Diploma in Therapeutic counselling. In 2023 she qualified in an Advanced specialist training in counselling children and young people, CPCAB.

Char has worked with both adults and young people in various settings, and has experience of working in schools with ages 11-18. She has worked for Mind and Youthline offering a safe, welcoming space for all ages. Char is passionate about the positive impact counselling can have on each individual, including supporting with mental health, understanding one's own thoughts and feelings, facilitating change and general well-being.

Char is a fully insured and registered with the British Association for Counselling and Psychotherapy (BACP) and follows their ethical code of practice.



"It is helpful to talk to Char as she has experience working with children who may have similar issues as me. It is fun to play games and air dry clay. I like to colour and Char and I can talk easily whilst doing things. We have a few laughs and I feel comfortable talking to Char and she always says it's my choice what to do or where to sit. Char helps me realise my emotions and what I'm feeling"

Young person



We are proud to be currently working with Kennel Lane, Yateley School, Harmans Water and Manor School all based in Berkshire & surrounding areas.



Working with CC Counselling and Art Therapy since September has been a genuinely positive experience for us at Yateley School. From the outset, their approach has been professional, thoughtful, and clearly centred around the needs of our students. The art therapy provision has had a noticeable impact, particularly for those students who find it difficult to access more traditional forms of support. CC Counselling and Art Therapy have created a safe, calm space where students feel comfortable expressing themselves, often in ways they would struggle to do verbally. This has been invaluable in helping some of our more vulnerable young people regulate emotions, build confidence, and engage more positively with school life. Communication with staff has also been a real strength. The team are approachable, responsive, and provide useful feedback while maintaining appropriate confidentiality. This balance has helped us feel informed and supported as a school, without ever compromising the therapeutic process. Yateley School have been impressed in the consistency and care shown by the therapists. They have built strong, trusting relationships with students, and this is reflected in the engagement levels we are seeing. Students who were previously reluctant to access support are now attending sessions willingly and benefiting from them. Overall, CC Counselling and Art Therapy have become a valued part of our wider pastoral support system. Their work complements what we do in school and adds a layer of specialist provision that is making a real difference. I would have no hesitation in recommending their services to other schools.

Michael Scanlon
Head of House
YATELEY SCHOOL



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