

About Us

I've dedicated my career to understanding what lies beneath children's behaviour. As a specialist in Social, Emotional, and Mental Health (SEMH) education, expressive arts, and somatic practices, I've seen how emotional dysregulation can block a child's ability to learn, form relationships, or feel safe in the world around them.

Too often, well-meaning interventions focus on managing behaviour rather than understanding it. But challenging behaviour is never about "behaviour" - it's communication. It's a signal from a child's nervous system that something doesn't feel safe. Unless we meet that need at its root, the behaviours persist. Children are left feeling punished, misunderstood, and emotionally alone.

That's what led me to create BOUNCE - a therapeutic Whole Child framework that gets to the heart of what children need in order to regulate and thrive. It focuses on six core areas: nervous system regulation, attachment, sensory processing, emotional understanding, social connection, and identity. With the right tools and relationships in place, I've seen children who were once overwhelmed begin to feel calm, confident, and capable of managing their emotions.

I'll never forget the child who said:

"I felt stressed, so I went to the toilet, used that technique, and it worked - I went back into class."

That moment says it all: a child who understands their own body, chooses a strategy that works, and returns to learning with a sense of control and safety.

Since launching the Child Therapy Service CIC, this work has grown beyond anything I imagined. I've developed a rich, accessible Learning Portal filled with social and emotional courses, practical tools, a music library, lesson plans, and more - all available at low cost to families, professionals, schools, and colleges. Alongside it, I created the Child's Mental Health Directory, so families can quickly find the support they need, when they need it most.

I founded this service to change the narrative around SEMH. A child's behaviour is not the problem - it's a message. And when we listen to that message with compassion, we make room for real, lasting change.

Every child deserves to feel safe, connected, and understood. That's what drives me. That's what this service stands for.

— Tracy Chadwick
Founder, Child Therapy Service CIC



Our vision is for every child to feel emotionally safe, connected, and understood – from early years to adulthood. We aim to transform how emotional needs are supported by embedding trauma-informed, neuro-affirming approaches across homes, schools, and communities.



trauma



TRACY CHADWICK
FOUNDER

Message From Founder

A Message from Our Founder
Tracy Chadwick, Founder of the Child Therapy Service CIC

I started this service because I was tired of seeing children misunderstood, labelled, or left to cope on their own. Behind every outburst, shutdown, or moment of withdrawal is a child trying to feel safe in a world that often doesn't understand them.

At the Child Therapy Service, we don't ask, "What's wrong with you?" — we ask, "What's happening for you, and how can we help?" Our approach is rooted in compassion, not compliance.

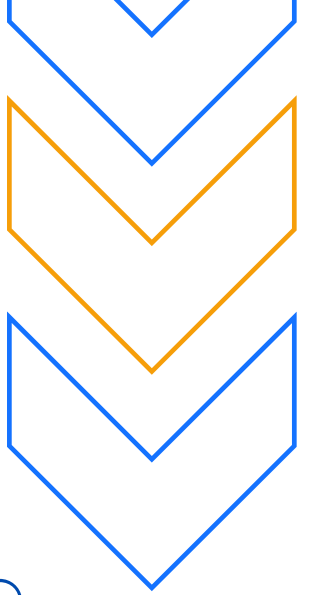
My vision is simple: a future where every child feels safe enough to be themselves - and every adult knows how to meet them there.

Thank you for being part of this mission. Together, we're changing what's possible for children everywhere.



"I am a counselling psychologist and have found the CTS website and resources invaluable. As a psychologist there can be a pressure to know everything and work with every presentation. With the world ever changing and finally neurodiversity being acknowledged, services like CTS are SO important in equipping us as professionals with a range of ideas and knowledge to support a range of children and families who feel lost or in the dark."

— Dr Claire Stubbs,
Counselling Psychologist



Why it Matters

The Challenge

In 2025, over 350,000 children in England were identified with SEMH needs – a sharp increase of 10% in just one year. The system is under strain. Statutory support alone cannot meet the growing demand.

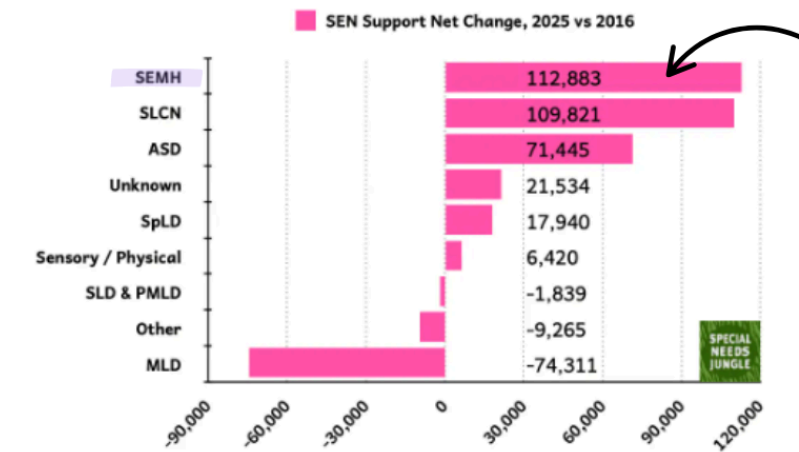
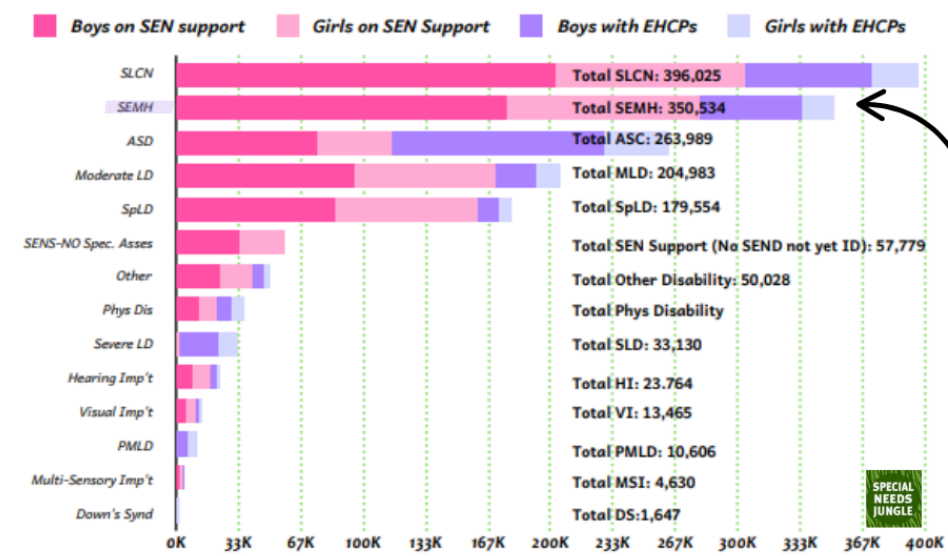
We need a new model:

One that recognises distress early, responds with compassion, and supports children before crisis hits.

That's our role – translating insight into action for families, schools, and professionals.

Our Approach

We focus on what lies beneath behaviour: a child's nervous system, emotional needs, and sense of safety. Grounded in neuroscience and trauma-aware practice, our approach helps children build regulation, communicate their needs, and develop shared emotional language with trusted adults – creating real change through connection, clarity, and care.



Our Offer

We provide creative, practical resources that tackle the root causes of emotional dysregulation. Our training builds strong foundations by deepening adult understanding. Through on-demand courses, 1:1 coaching, and our Learning Portal, we help adults respond with insight, compassion, and effective tools.



“Outstanding online child therapy service. Wonderful support structure for parent, school and child to dip in and out of as needs arise. Modules are very accessible and instructions easy to follow. Relaxation (compassion) element really unwittingly essential for parents. Completes the holistic service offered by the Child Therapy Service, who have done an amazing job setting this well rounded service up.”

– Caitriona, Google Review

Our Reach

Since launching our new Learning Portal, our reach has expanded dramatically – from a local grassroots offer to a growing international community.

Increase Engagement

Our membership now includes thousands of users – from families to SENCOs, early help teams, therapists, nurseries, schools, and colleges.

The Learning Portal is now a trusted hub for emotional regulation, behaviour support, and neuro-affirming practice – reaching across the UK and beyond.

Increase Orders

Since our first digital resource sale, orders have grown from just a few to thousands.

Families and professionals alike trust our work to deliver compassionate, evidence-based tools that make a real difference.

With every new resource downloaded, another classroom, child, or community is empowered.



Social Impact

Transforming Support, Changing Outcomes

Behind the numbers is something more powerful – impact. Every new member, every download, every coaching call is part of a deeper shift: changing how we understand and respond to children's emotional needs.

We exist to rewrite the story – from managing crisis to nurturing connection. And every school, parent, and professional we support brings us one step closer.



Our Approach

BOUNCE

BBOUNCE is based on neuroscience – a trauma-informed, neuro-affirming framework developed by Tracy Chadwick, Founder of the Child Therapy Service. It is designed to help children move from survival-based behaviours into emotional safety, self-awareness, and connection, supported by informed, compassionate adults.

BOUNCE recognises that emotional dysregulation isn't defiance – it's distress. This model identifies six core tiers that must be supported to nurture a child's regulation, development, and long-term emotional health.

The Six Tiers of BOUNCE

Each tier builds on the one before it – offering a developmentally sequenced, relational pathway to emotional wellbeing.

1. Nervous System – Safety & Neuroception

At the foundation is the child's nervous system. Using polyvagal theory, this tier supports children to understand their body's stress response and how their brain and body react when they don't feel safe – even if there's no clear threat.

2. Attachment – Relationship & Relational Repair

This tier focuses on emotional safety with others. Without consistent, trusting relationships, a child's nervous system remains on high alert.

3. Sensory – Processing Differences & Interoception

Many children experience emotional overload due to unmet sensory needs. This tier supports sensory sensitivities and builds awareness of internal states (interoception).

4. Emotions – Relationship with Emotions & Parts of Self

Here, children learn to understand, name, and express their emotions – moving from avoidance and shutdown into curiosity and connection.

5. Connection – Self & Others through Communication

This tier explores somatic awareness and social communication styles, particularly for neurodivergent children who may connect in their own unique way.

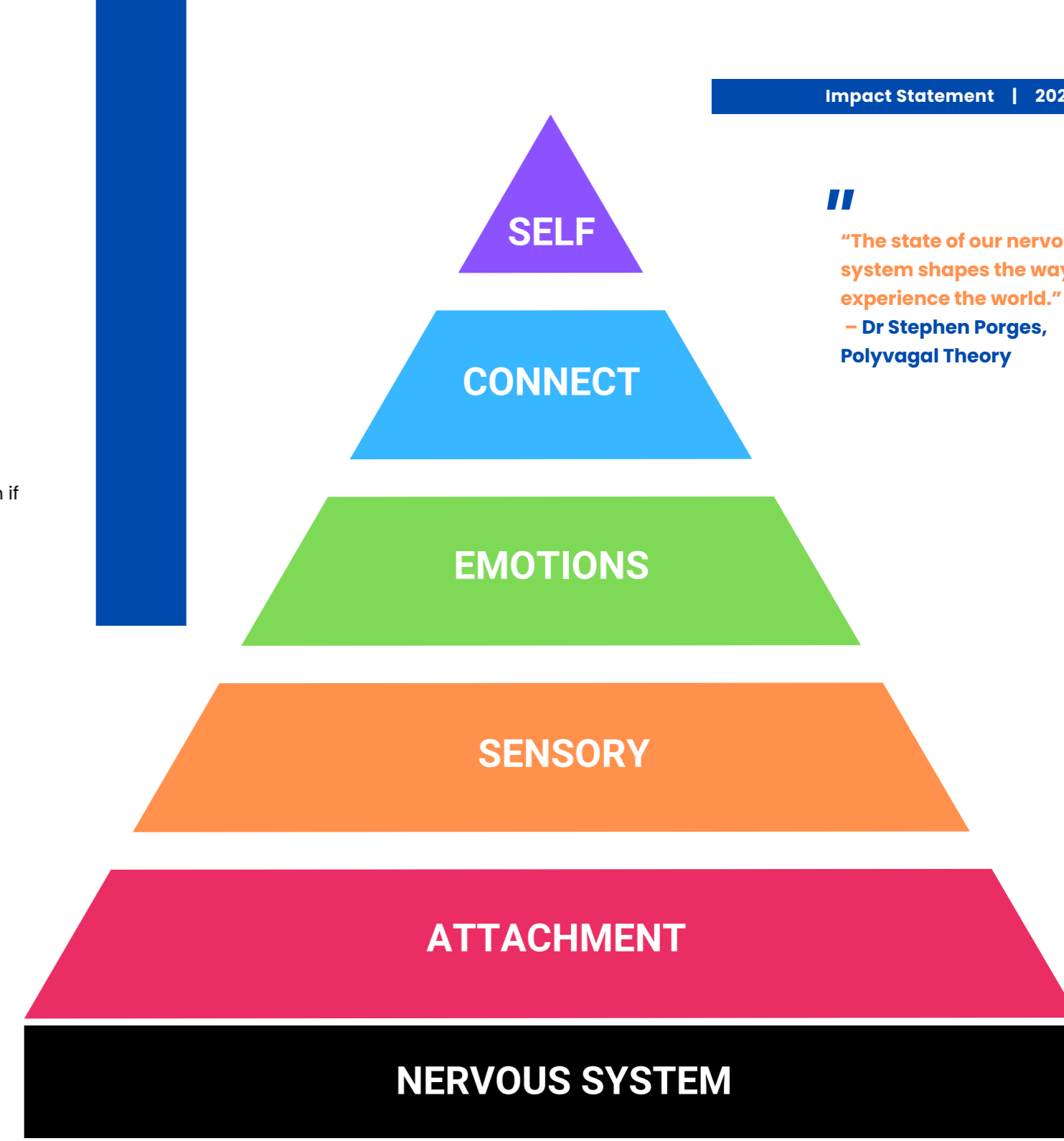
6. Self – Identity, Values & Self-Acceptance

The final tier fosters a stable, positive identity built on strengths, self-worth, and a deep understanding of who they are.

Why BOUNCE Works

BOUNCE integrates neuroscience, trauma theory, sensory integration, somatic education, and therapeutic teaching into one clear, accessible framework. It equips adults to respond with insight – not reaction – and supports children to build resilience, healthy relationships, and a deeper understanding of themselves.

Whether used 1:1, in small groups, or embedded across classrooms and services, BOUNCE doesn't manage behaviour – it transforms it by meeting the need underneath.



“The state of our nervous system shapes the way we experience the world.”

– Dr Stephen Porges, Polyvagal Theory

Our Learning Portal

What began as a small, local offer has grown into a trusted national and international community. Today, thousands of members – including families, educators, therapists, SENCOs, colleges, nurseries and school leaders – rely on our membership to access flexible, evidence-informed support for children’s emotional wellbeing.

In response to growing demand, we reinvested in 2024 to launch a new Learning Portal – designed to deliver therapeutic tools, CPD training, and intervention packs directly to those who need them, whether at home, in classrooms, or across local services. This reinvestment reflects our commitment to keeping high-quality, neuro-affirming support accessible, practical, and current.

Our membership isn’t just a resource bank – it’s a wraparound support system. It includes:

- On-demand access to 40+ specialist-led courses covering trauma, emotional regulation, executive function, sensory processing, demand avoidance, and more
- CPD-accredited monthly webinars, downloadable strategies, and group-ready interventions
- Lesson plans and resource bundles for all areas of social and emotional health
- A growing music and regulation library, visual tools, and printable packs
- Wellbeing sessions, live drop-ins, and early access to new events and releases
- Tiered memberships for families, individual practitioners, and whole-setting teams
- Exclusive discounts on coaching, therapy, and live training



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“Tracy has so much knowledge and delivers it in such a caring and genuine way. I have used many of the ideas and strategies to great effect! Becoming a member was the best idea ever!”

— Rowena
Google Review

[EXPLORE OUR MEMBERSHIPS](#)

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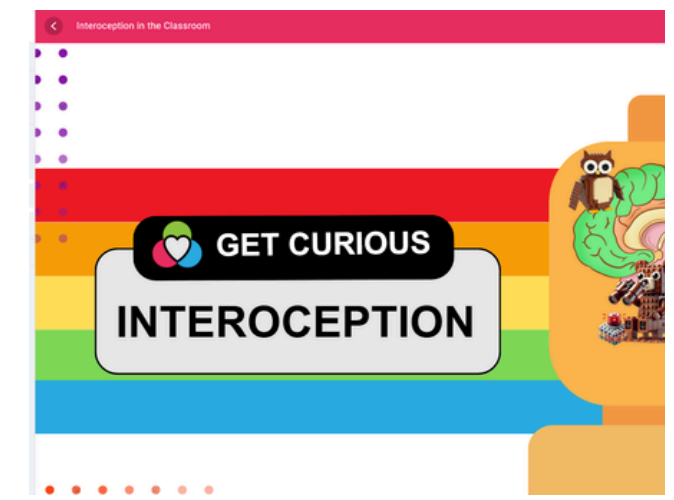
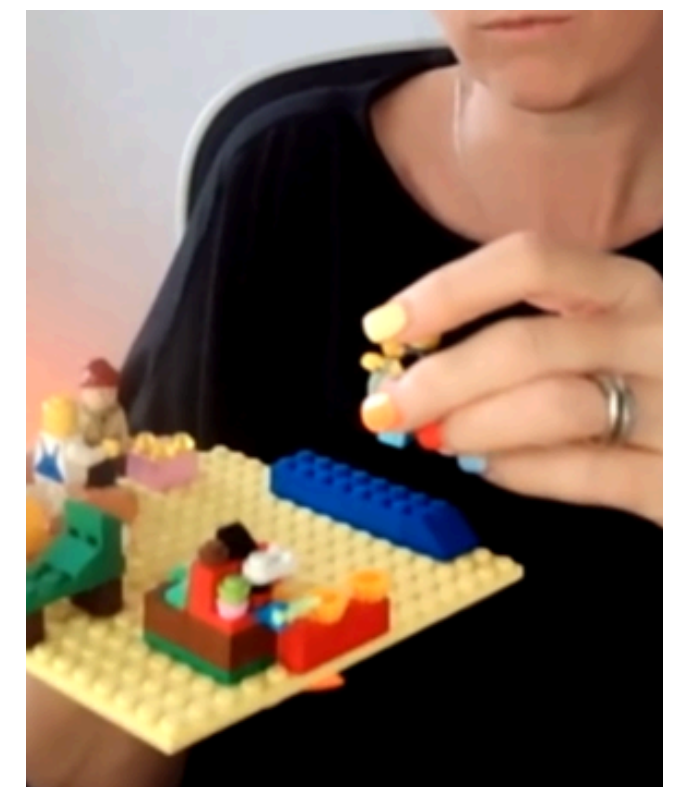
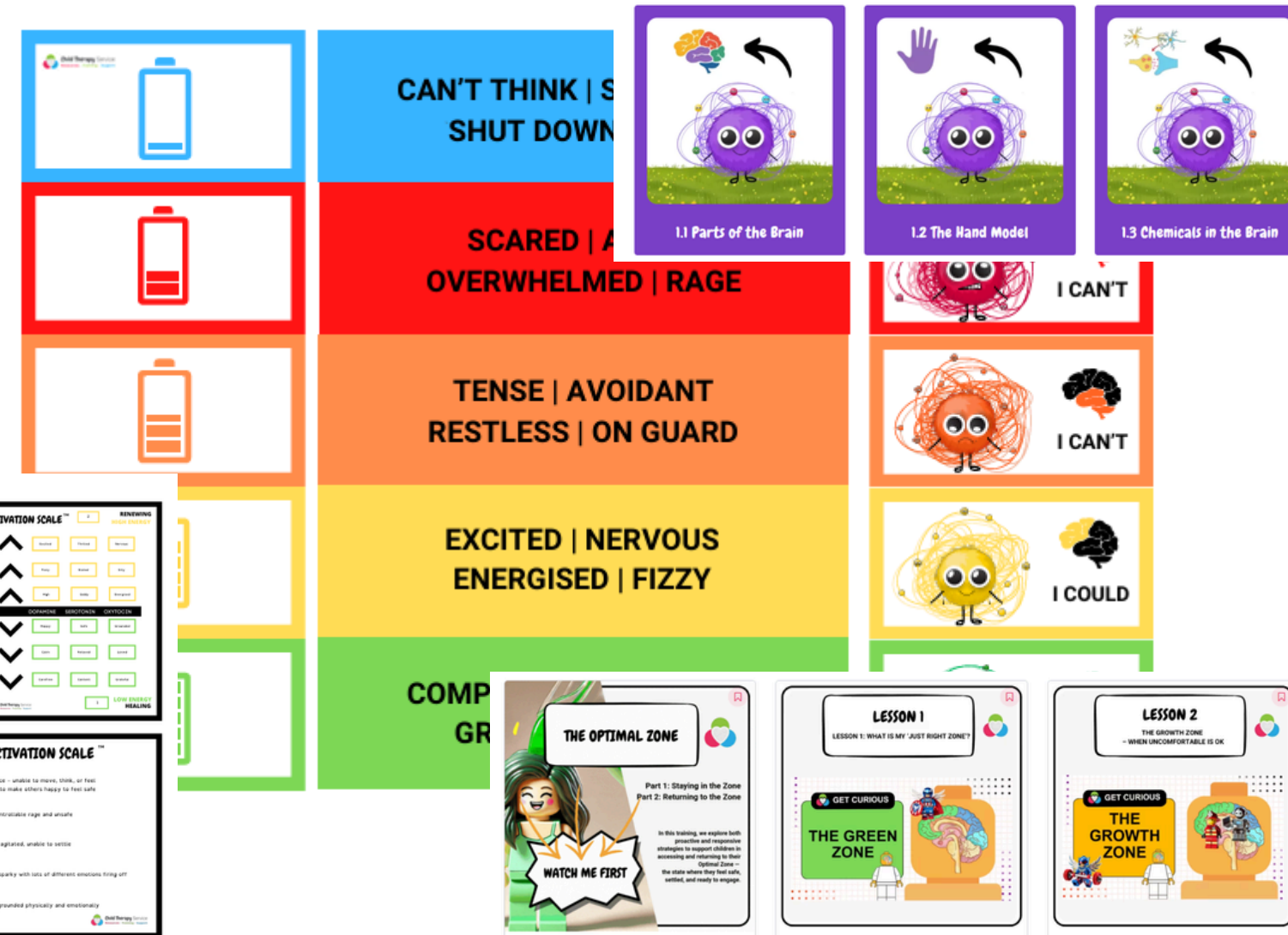
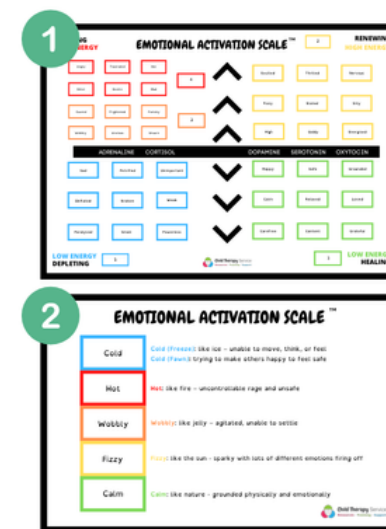
“Tracey is great! I have attended many of her trainings and all of them have been super, in fact I have more booked on the horizon. I have gained so much knowledge in such a short space of time and looking forward to gaining more! You will not be disappointed. I will also add – the resources you receive after the trainings are really helpful and a-m-a-z-i-n-g!!”

— Natasha Scullion
Google Review

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“We are a bounce school and I have just finished the Lego based therapy course. Fantastic and full of very useful info and resources. Well worth doing it – Bounce as well as the lego therapy course are ideal for our SEMH learners who get very dysregulated.”

— Sai
Google Review



Our Courses

Our CPD courses aren't just about knowledge – they're about action.

Each course is built around our BOUNCE Framework, giving you a clear, trauma-informed roadmap for understanding and responding to emotional and sensory needs. You won't just learn what's going on for a child – you'll get the practical tools to do something about it.

What's Inside:

- **Over 40 On-Demand Courses & Webinars** – including topics like emotional regulation, trauma, interoception, attachment, sensory processing, demand avoidance, and school avoidance
- **Based on the BOUNCE Framework** – covering the six essential pillars: neuroception, attachment, sensory differences, emotional understanding, connection, and self
- **Downloadable, Printable Resources** – calming visuals, activity sheets, regulation tools, and planning templates so you can implement what you learn immediately
- **Dyslexia-Friendly Design** – clear fonts, accessible language, and visual scaffolding
- **CPD Certificates** – included for all courses
- Accessible Anytime, Anywhere – complete flexibility across devices

Why It Works:

We go beyond theory. Our courses guide you to see beneath behaviour, recognise what a child's nervous system is communicating, and respond with strategies that build regulation, trust, and connection.

"It gave me a system I could use. For the first time, I had training that came with tools that worked for the children I support."

– Behaviour Lead, London Primary School

Part of the Learning Portal:

Every course is included in our Learning Portal Membership – designed to keep training in-house, reduce external costs, and provide long-term access to both knowledge and the tools to act on it.

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"Tracy ran such an insightful and empathetic session with actual actionable advice (something parents rarely get when they are in the SEN world!). Not only was she incredibly knowledgeable, but it came from a place of real lived experience, which is a necessary comfort for the parents that she works with. I left the session feeling totally understood and actually really positive about life with our little boy. Thank you Tracy!"

– Kirsty
Google Review

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"I can't sing Tracey's praises enough. I came across Child Therapy Services when looking for support for both my child and the rest of the family, and the Tactile Defensiveness workshop that she ran was exactly what we needed. The range of support that she offers, combined with her lived experience, is what sets her apart in my opinion."

– Kelly
Google Review

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"Tracy's webinars are jampacked with real up to date knowledge and information. She creates her webinars using a very clear, concise and easy to understand approach. She is passionate about helping children and offers realistic strategies to try straight away. I have already adopted one of her strategies from the 'Managing Demand Avoidance' webinar and that's ...'dip their toe in...' 😊 So easy to use when choosing your battles and making the right choices! Thank you Tracy"

– Toca
Google Review

Coaching

When children feel stuck, overwhelmed, or out of control, it can be hard to know what's really going on beneath the surface – let alone how to help.

Our 1:1 coaching sessions offer personalised, neuro-affirming support for children and young people aged 5+, using a somatic, trauma-informed approach rooted in our BOUNCE framework. We help children shift from survival states (fight, flight, freeze, fawn) into emotional safety, self-awareness, and connection.

Sessions are offered in-person or remotely, with flexible durations of 30, 45, or 60 minutes to meet the needs of different children and families. Whether your child is highly sensitive, easily dysregulated, or finds it difficult to express themselves, our approach meets them where they are – gently and effectively.

What Coaching Includes:

- A confidential parent/carer consultation to explore what's happening beneath the behaviour
- Sessions tailored to your child's nervous system, sensory profile, and emotional needs
- Somatic and movement-based strategies to support regulation and body awareness
- Visual supports, calming strategies, and follow-up tools to reinforce progress at home and school
- Printable resources to build emotional vocabulary, connection, and confidence

Why It Works

Our coaching isn't about surface behaviour. It's about tuning into what's happening underneath – so children feel seen, safe, and truly supported.

By working with the brain and body together, we help children build lasting emotional resilience and give parents the tools to respond with clarity and compassion. Grounded in neuroscience and polyvagal theory, this approach works – especially for neurodivergent children who don't always respond to conventional methods.

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“Dear Tracy, I wanted to give you an update since I last spoke. The sessions that we did with you were invaluable.”

From a stressed and overwhelmed family we now have calm and routine. Your advice and training was so helpful and actually helped me to realise a lot about myself as well as how we can help the children.

I am now so much more grounded and we have a little boy who goes into school every day with no worries. He still has his challenges emotionally but that's ok.

We have a tool kit to support him and can always book him in with you another time if need be. Thank you for all you do. ps. we go for a short run as a family every morning. Very much inspired by you. :-)

— J

Google Review

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“I am not sure how I would have survived the last year without the help and understanding that I received and I continue to receive from Child Therapy Service.

It allowed me not just to understand my own son's struggles but my own childhood struggles that I never really fully addressed. I am so grateful to have met Tracy Chadwick who helped me to rebuild my sense of trust and inner power to make all the changes that I needed to do and wanted to do but was too scared to do it.

With strategies suggested by Tracy and her caring attitude I am improving my own mental emotional social health as well that of my son.

Thank you Tracy for being you and all that you do to increase awareness as well create a positive impact on the people that you meet. For that I am forever grateful. 🙏❤️🌍”

— Elzbieta Pecka

Google Review

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“Child Therapy Services were recommended to me by my local NHS Child Development Team for resources and support for my son.

I thoroughly recommend Tracy's training courses, they've given me some great tips for helping my son regulate his emotions.

I also gave M Method a go last week to try and help myself for a change. I wasn't sure what to expect but was surprised how much tension and emotion I was holding in and the relief in letting it go was amazing. The membership is well worth it and I look forward to seeing what else Tracy has to offer.”

—Sarah

Google Review

Our Directory

Creating Connection, Reducing Delay

Accessing the right emotional or mental health support should never come down to luck, privilege, or postcode. Yet too often, families are left navigating a confusing maze of outdated websites, inconsistent information, and long waiting times.

As a social enterprise, we recognised this gap – and invested directly in building a practical, trusted solution. A Platform with Purpose

The Child Therapy Service Directory was created to ensure families always know that help is available – locally, accessibly, and without barriers.

- Focused on social, emotional, and mental health support for ages 0–18
- Includes NHS, local authority, private, and voluntary sector services
- Free listings available for community and charitable organisations
- Fully searchable by location, age, type of need, and support offered
- Regularly reviewed to maintain accuracy and safeguarding

Why It Matters

This isn't just about bringing services into one place – it's about equity and early access. We want families to find the right help at the right time, and to feel confident that it's relevant to their area and their child's needs.

Every listing strengthens the system around the child – making it easier for schools, professionals, and families to take the next step.

Our Ongoing Commitment

We remain dedicated to expanding and maintaining this directory, ensuring it stays current, inclusive, and genuinely useful. We will continue to invest time and resources into making sure no family is left wondering, **“Where do we even start?”**

[EXPLORE OUR DIRECTORY](#)



1

Choose a Service

Select the type of support – like therapy, tutoring, or assessments.

2

Select Age Range

Choose your child's age range or select whole-family support.

3

Search Options

Choose in-person, online, or both, and enter your location.

Service Category

Age Range

Options

Enter your location...

5mi

Apply filters

Brandon
Live free
the learning disability charity

Brandon Trust

Spurgeons
Together with families

Spurgeons

**family
action**

Family Action

SCOPE

Scope

Our Practitioner Programme

Empowering school-based professionals to meet emotional needs with confidence, compassion, and clarity.

The Practitioner Programme was created in direct response to requests from schools within our membership – seeking to upskill staff without the cost of constant external training.

They needed something flexible, practical, and rooted in real classroom experience.

We listened.

This programme equips school and therapeutic practitioners with the tools, training, and resources to deliver impactful, neuro-affirming support – whether in nurture spaces, classrooms, or outreach roles.

Built around our BOUNCE framework, it takes a Whole Child approach, addressing nervous system regulation, attachment, sensory needs, emotions, connection, and self-worth.

Each module includes visuals, printables, and practical tools tailored to different thinking and communication styles – so staff can take action straight away.

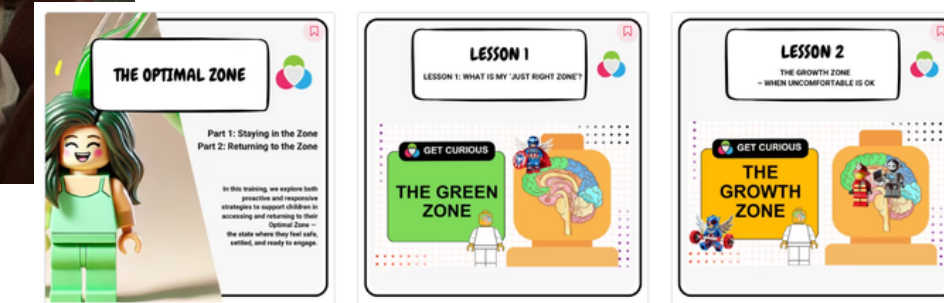
Whether supporting a whole class, a small group, or one child at a time, our training is adaptable, accessible, and ready when you are. Now included in our School Membership to ensure all staff can access it, and available at a reduced cost for individual practitioners – **because every adult supporting a child deserves to feel equipped, not priced out.**



“This is a brilliant course. It has helped me so much with my job as an INA, but also as a parent and an autistic myself. There are many more courses I am going to do to help reinforce this and install what I have learnt here. Highly recommend this course!”

– Jo, Individual Practitioner!

[EXPLORE OUR PRACTITIONER PROGRAMME](#)



“Really useful and I’m looking forward to introducing new practice based on this within our school for children with severe and complex needs.”

– Heidi Alexander, Deputy Head Teacher, John Grant School



““This course is amazing. A plethora of knowledge. Thank you for such a wonderful work.”

– Ranjeet Gidda, Claycots School

[EXPLORE OUR PROGRAMME IN SCHOOLS](#)



Supporting Families

Caring for a child who experiences emotional overwhelm can feel exhausting, confusing, and isolating. Many families come to us after trying everything – still feeling stuck.

At the Child Therapy Service, we offer early, personalised, neuro-affirming support – before difficulties escalate. Our training, coaching, and practical tools help families respond with more confidence and deeper understanding.

We provide:

- Practical tools for home and school
- Focused short-term coaching with lasting impact
- A comprehensive Learning Portal with emotional regulation strategies
- The Child Therapy Directory – helping families find trusted professionals in their local area

... **For that I'm forever grateful ...**

I am not sure how I would have survived the last year without the help and understanding that I received and I continue to receive from Child Therapy Service.

It allowed me not just to understand my own son's struggles but my own childhood struggles that I never really fully addressed. I am so grateful to have met Tracy Chadwick who helped me to rebuild my sense of trust and inner power to make all the changes that I needed to do and wanted to do but was too scared to do it. With strategies suggested by Tracy and her caring attitude I am improving my own mental emotional social health as well that of my son.

Thank you Tracy for being you and all that you do to increase awareness as well create a positive impact on the people that you meet. For that I am forever grateful. 🙏❤️🌍

Elzbieta Pecka, Google Review

“ **Challenging behaviour is not a problem to be fixed. It is a message to be understood.** ”
– Dr Bruce Perry, *The Boy Who Was Raised as a Dog*

Supporting Professionals



Practitioners

Supporting emotionally dysregulated children is rewarding – but it can also be challenging.

We offer practical tools and evidence-based training for professionals working in schools, early help teams, and therapeutic settings – so they can support children with greater skill, confidence, and impact.

We offer:

- CPD-certified training
- Immediate-use resources
- Flexible Learning Portal access
- Practitioner-level programmes
- Mentoring and supervision

Nurseries, Schools and Colleges

We work with nurseries, schools, and colleges to embed inclusive, trauma-informed approaches – reducing over-reliance on statutory plans and enabling proactive early intervention.

We offer:

- Group-ready SEMH interventions tailored to early years and beyond
- Whole-setting frameworks like BOUNCE
- Memberships that keep training in-house, reduce external costs, and provide access to 40+ CPD courses, webinars, and practical tools

“ **This has been an extremely helpful resource for both our staff and our parents. Always very responsive to emails, offering advice and very reassuring to know we have a wealth of knowledge and training to support us.** ”

– Caroline Hoffman
Deputy Headteacher, Crooks Barn Primary School

[EXPLORE OUR MEMBERSHIPS](#)

Our Impact

Case Study: White Hall Academy

In partnership with White Hall Academy (a high-ACEs primary school), we delivered a targeted daily Grounding Intervention, with measurable impact:

- 36 children assessed for dysregulation
- 29 identified for daily grounding support
- Staff trained to deliver 1:1 activities during arrivals and transitions
- Noticeable improvements in assessment scores and self-regulation
- Positive feedback from both children and staff

“He particularly likes the times table one. Sometimes, he prefers to have a quick chat instead, as once he’s told someone what he wants to say, he generally settles down. The other children in the class also wanted to be grounded, so we let them do the breathing activity during mindfulness. I would definitely recommend that others try it.”

— LSA, Year 5

IMPACT The school have gained a lot of useful advice from Tracy Chadwick at the Child Therapy Service which has provided the whole school community with resources, training, and support to improve identified areas of difficulties in SEMH.

— Helen Pearce, SENDCO
[White Hall Academy](#)



>80%

Coaching Demand Up 80% in Just One Year

Since launching our flexible in-person and online coaching service, demand has surged - with an 80% increase in families and children accessing 1:1 support in 2025. This reflects the urgent need for timely, personalised support that tackles the root causes of distress and offers strategies that work in real life.

“We are a large Special School for children with severe and complex needs. We have subscribed to the Child Therapy Service for a year now. We started with a single subscription but quickly realised how beneficial it would be for many of our teachers/classes and therefore now have the school subscription.

The site is invaluable for training as well as resources. It is so refreshing to have a online resource which offers clear interventions and strategies to support our young people with their mental health and wellbeing. As a school we are passionate about creating an environment based on ‘unconditional positive regard’. The interventions and resources on this site have supported staff to understand that behaviour is not just defiance, controlling and chosen.

It has given them a wealth of ways to support our most complex learners to understand the complexities of emotional states and regulation. The resources are really easy to access and use. We are just starting to use these in the classrooms. Currently we have taken advantage of the huge amount of training which has informed practice.

We are excited about using The Child Therapy service further to support our parents and carers and are thrilled to be able to offer this to them in the new academic year.

Thank you Tracy for sharing your knowledge and expertise to the benefit of the pupils in our school.”

— Heidi Alexander, Deputy Head Teacher, John Grant School

>1,000s+

School Membership Demand

Since launching our new Learning Portal to schools, our membership has grown into the thousands. This growth reflects increasing demand for trauma-informed, neuro-affirming resources that empower staff to support emotional wellbeing and behaviour with insight, compassion, and practical tools.



Vision and Next Steps



2019 – 25

> 2019+

Our Beginning

Since launching in 2019 with in-person training and coffee mornings, hundreds of people in Eastbourne have accessed our support – from parents to educators to therapists.

When the pandemic hit, we quickly adapted and moved our work online, expanding access far beyond our local area. Each of those individuals went on to impact others – supporting families, classrooms, and services.

This wasn't just individual transformation – it was communities learning to regulate, connect, and thrive.

> 2022 – 2023

Our Journey

From 2022 to 2023, we expanded our digital and online services in response to growing demand. We launched new digital resources, intervention packs, and on-demand courses, and delivered targeted coffee mornings to support families navigating EHCPs and emotionally based school avoidance.

Our membership evolved into a wraparound model – combining live events, therapy access, and practical tools.

We also ran guest speaker sessions and launched community projects to strengthen emotional wellbeing across homes, schools, and services.

> 2024 – 2025+

Our Growth

Since 2024, our reach and impact have grown rapidly to meet surging demand.

Membership has expanded into thousands, and 1:1 coaching uptake rose by 80%.

To meet this growth, we reinvested in a new Learning Portal, improving access to practical, trauma-informed tools for families, schools, and professionals.

This shift reflects a broader movement: more people are recognising the need for early, relational, and compassionate responses to children's emotional distress – and they're turning to us for support.

> Our Vision

Looking Ahead

We aim to strengthen early emotional support across all stages of development – from birth to adulthood.

We're working with more colleges and local authorities and offering a balanced mix of in-person and remote sessions to meet diverse needs.

Next steps include:

- Expanding the Child Therapy Directory to help families connect with trusted, neuro-affirming professionals
- Developing a KidsZone – a creative space filled with videos and tools that support regulation and resilience
- Growing the Learning Portal to include lived experience voices, expert interviews, and practical video resources for home and school

We're building a future where emotional support is proactive, not reactive – and where every child feels safe, understood, and empowered to thrive.

Final Words

When I started the Child Therapy Service CIC, I couldn't have imagined how far we'd come – or how many lives we'd reach.

What began as a small, local offer has grown into a thriving community of families, educators, and professionals across the UK and beyond.

From the beginning, our work has been rooted in one core belief: every child deserves to feel safe, understood, and emotionally supported. That belief continues to guide everything we do.

As a social enterprise, we're not here to generate profit – we're here to create impact. That's why our training and membership costs are kept deliberately low. Every penny earned is reinvested into the service – to fund new projects, develop inclusive resources, and provide free support to those who need it most. Whether it's delivering a free session, building a new toolkit, or supporting a family in crisis, we're committed to showing up where it matters.

Thank you for being part of this journey. The work we're doing is changing lives – and this is only the beginning.

**– Tracy Chadwick
Founder, Child Therapy Service CIC**

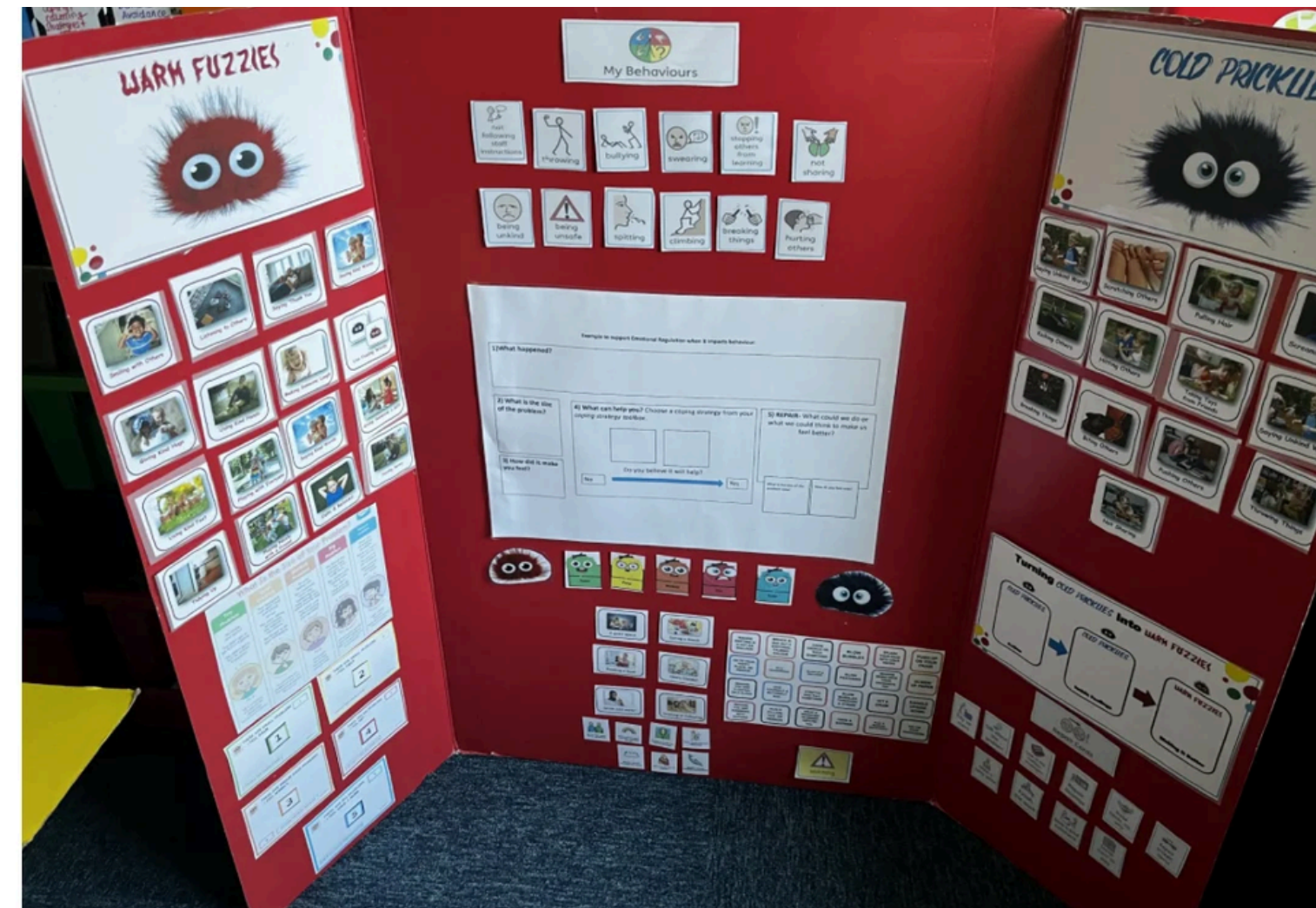
The tools and resources have made a huge impact ...

"Discovered these amazing resources four years ago and have not looked back.

They are my absolute go to when working in a primary school as pastoral lead. The resources have been embedded into our whole school mental health approach and the emotional regulation tools embedded into our behaviour for learning policy!

I would buy them all if I budget would allow! The bounce resilience programme, demand avoidance toolkit and the reflective pack have made such a huge difference to the work we do with our most vulnerable children. They give them not only the tools to help regulate their emotions but also allow them to articulate and express how they feel!

The tools and resources have made such a huge impact to the work I do with children and families so thank you! Debbie" Debbie Stoner, Google Review 😊





Thank You



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"I wanted to extend my heartfelt thanks for your invaluable contribution to SEND Live 2025. Your workshops were a highlight of the event, and the feedback from attendees has been overwhelmingly positive. Your expertise and dedication truly made a difference, and we are grateful for the time and effort you put into preparing and delivering your sessions."

From the insightful discussions to the practical strategies shared, your workshops have provided our delegates with valuable knowledge and tools that will undoubtedly benefit their work with children and young people. The passion and commitment you demonstrated were inspiring, and we are fortunate to have had you as part of our event. Once again, thank you for your support and for helping to make SEND Live 2025 a success. We look forward to working with you again in the future."

Lydia Martin, Senior SEND Project Officer, Oxford SEND Conference 2025

"Tracy's webinars are jam-packed with real up to date knowledge and information. She creates her webinars using a very clear, concise and easy to understand approach."

She is passionate about helping children and offers realistic strategies to try straight away. I have already adopted one of her strategies from the 'Managing Demand Avoidance' webinar and that's ...'dip their toe in..'. 😊

So easy to use when choosing your battles and making the right choices! Thank you Tracy"

Toca



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