

Sarah Urwin Therapy Services

Statement of Purpose

Sarah Urwin Therapy Services has the legal status of Sole Trader and operates from its own smallholding at Youngs Farm, Colebrooke, Crediton, Devon, EX17 5JH. Telephone 01363 85154 Email: sarah@youngsfarm.co.uk Website: sarahurwin.co.uk

From Youngs Farm, and also from the surrounding Devon countryside, including Dartmoor National Park, Sarah Urwin Therapy offers clients with a range of health and social care needs; counselling and psychotherapy (both indoors and outdoors) as well as other interventions including Animal Assisted Therapy, Equine Assisted Psychotherapy and Walk & Talk sessions.

Services are offered to adults and young people (18 years and over) who have mental health difficulties, and/or Autistic Spectrum disorders. Presenting issues may include (but are not limited to) low self-esteem, low self-confidence, problems with communication and relationships, difficulty regulating emotions (including anger), lack of emotional stability and resilience, generalised anxiety disorder, mild to moderate depression, suicidal ideation, eating disorders, addictions, Obsessive Compulsive Disorders and other self-harming behaviours.

Professional support is delivered mainly by Sarah Urwin, BSc., Reg. BACP (Accred), Adv. Dip. Counselling, Dip. Supervision, Registered Manager's Award, etc., and also occasionally/as required, by other suitably qualified, self-employed, health and social care professionals who may specialise in particular mental health or autism difficulties.

Sarah Urwin Therapy aims to support its clients to improve their levels of self-awareness and understanding, by offering experiential and therapeutic learning opportunities with an experienced and well qualified health professional, as well as alongside horses, dogs and other animals, outside in a natural environment.

Humanistic and person-centred principles underpin all interactions with each and every client as they work towards the changes they wish for in their lives. The underlying ethos is one which values diversity, offers unconditional positive regard and a warm, open, empathic environment where all participants can discover more about themselves, and others.