

Design Your Mind – Supporting Employee Wellbeing & Reducing Absence

Therapist-Led Mental Health Support | EMDR | Reports for HR & Occupational Health

At **Design Your Mind**, we provide expert-led mental health support for organisations looking to reduce staff absence, improve retention, and create emotionally safe workplaces.

Led by a BACP-accredited psychotherapist and advanced clinical supervisor, we offer a powerful, human-centred alternative to traditional EAPs—combining responsive therapy access, trauma-informed care, and professional mental health reporting for managers and HR teams.

?? Mental Health & Therapy Services for Staff

We support employees through:

- Anxiety, depression, stress, and emotional overwhelm
 - Trauma, loss, and post-incident distress (personal or workplace related)
 - Addiction, burnout, and neurodivergent struggles (e.g. ADHD, autism) •
- Hidden harms including gambling, abuse, and relational trauma
- EMDR therapy for trauma and emotional flashbacks
 - CBT, CFT, TA, and integrative therapeutic models

Sessions are available in-person or online, and delivered with empathy, flexibility, and clinical expertise.

?? EAP-Style Therapist Access (Without the Wait)

Our **Employee Therapy Access Service** gives your staff rapid, direct access to therapy when they need it most:

- No waiting lists, no call centres—direct referral to a qualified psychotherapist
- Short- and long-term therapy packages
- Flexible appointment times to suit shift workers or hybrid staff
- Employee confidentiality assured—unless risk or consented communication is required

◆◆ Therapeutic Occupational Health Reports

With employee consent, we can provide clear, compassionate and GDPR-compliant reports for HR and managers, including:

- Mental health summary with therapy insight (no clinical diagnosis unless requested) • Fitness-to-work guidance
- Return-to-work recommendations
- Workplace adjustment suggestions (especially for trauma or neurodivergent needs)

Our reports bridge the gap between therapy and occupational health, helping employers support staff with empathy while maintaining operational clarity.

◆◆ Absence Reduction & Reintegration Support

Design Your Mind offers therapeutic input to:

- Reduce stress-related or trauma-based long-term sickness
- Prevent repeat absence or presenteeism
- Support return-to-work plans following burnout or mental health leave • Improve employee engagement, morale, and emotional resilience

We offer individual support and guidance for employees and line managers alike.

◆◆◆◆ Reflective Supervision for Managers & Frontline Teams

We offer **clinical-style supervision** for HR, managers, team leads, and client-facing staff—especially those exposed to emotionally intense situations. This includes:

- Monthly or ad-hoc one-to-one or group supervision
- Trauma-informed support for high-stress or caring professions
- Processing workplace incidents, conflict, or vicarious trauma
- Maintaining professional wellbeing and boundaries

◆◆ Flexible, Remote-Friendly Service Delivery

All services can be delivered securely online, UK-wide. We're ideal for:

- Hybrid or remote-working teams
- Small to medium businesses (SMEs)
- Education, care, charity and wellbeing-focused sectors
- Organisations wanting to offer more than a generic EAP

Why Employers Choose Design Your Mind

- ✓ BACP Accredited Psychotherapist with 20+ years of clinical experience
- ✓ Reports suitable for HR/Occupational Health
- ✓ Responsive, therapist-led service
- ✓ Trauma-informed and neurodivergent-aware
- ✓ No waitlists – fast access to care
- ✓ Human-first, non-corporate, and deeply ethical

Let's talk about how we can support your team.

💡💡 info@designyourmind.co.uk

💡💡 www.designyourmind.co.uk

THIS TAB BELOW FOR LEGAL SERVICES OFFERED

Medico-Legal and Rehabilitation Network Services

Psychological Assessments | Trauma Therapy | Recovery-Focused Intervention

At **Design Your Mind**, I work in collaboration with organisations such as **CL Medical** and **The Rehab Network** to provide high-quality psychological assessment and therapy for clients referred through **personal injury, criminal injury, or medico-legal pathways**.

With a strong background in trauma, neurodivergence, and complex mental health presentations, I offer timely, evidence-based support that promotes recovery, emotional regulation, and client insight.

💡💡 Psychological Assessments

I deliver comprehensive psychological assessments that include:

- Mental health screening and clinical formulation
- Impact of trauma, pain, loss, and adjustment following injury
- Presenting symptoms including PTSD, anxiety, depression, and phobia •
- Functional impairments related to work, relationships, or daily life •
- Suitability for therapeutic intervention
- Evidence-based treatment recommendations

These assessments are written in line with medico-legal standards and are suitable for personal injury claims, rehabilitation planning, and case management.

❖❖ **Therapy for Recovery & Adjustment**

I offer short- and long-term therapy designed to meet the goals of rehabilitation and help clients rebuild a sense of safety, self-worth, and emotional control.

Therapeutic modalities include:

- **EMDR** for trauma and intrusive memories
- **CBT and trauma-focused CBT**
- **Compassion-Focused Therapy** for shame and emotional recovery • **Integrative support** for pain-related distress, identity loss, and adjustment issues

Sessions can be delivered online UK-wide or face-to-face in South Yorkshire. Progress updates and discharge summaries are provided as agreed with the referrer.

❖❖ **Collaboration with Case Managers and Legal**

Professionals I am experienced in working alongside:

- Case managers and multidisciplinary teams
- Solicitors and claims handlers
- Rehabilitation providers and medical experts

I ensure communication is prompt, professional, and clear, while maintaining therapeutic boundaries and client confidentiality.

Key Strengths:

- ✓ Accredited BACP psychotherapist with over 20 years in trauma and complex needs ✓
- Experienced in adult and family systems, care-leavers, and hidden harms ✓

Neurodivergent-aware and skilled in working with ADHD, autism, and sensory sensitivity

✓ Clear, timely clinical reports with outcome-focused recommendations ✓ Compassionate, practical, and rehabilitation-aligned therapy