

# Paula Matthews

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Paula is Therapeutic Mentor and one of the Designated Safeguarding Leads within school.

Paula supports, guides and gives advice to individual students to help them better manage their emotional health, mental health and wellbeing.

She recommends strategies for students to overcome any barriers to learning and wellbeing in their school life and personal life.

She works closely with students and staff taking a holistic approach to gain positive outcomes. Paula uses therapeutic interventions, including the use of Solution Focused Brief Therapy with students and focuses work around stress, anxiety, self esteem and confidence building.

The support she offers is bespoke to each individual student helping promote positive attitudes, values and behaviours. Her approach to wellbeing is of a preventative nature.

Paula also liaises with families, carers and outside agencies, where necessary.

Paula's experience is from the social care background including an extensive skill-set in key areas within social services.

Paula is a qualified Therapeutic Counsellor with an accredited Diploma in Counselling.

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