

Flickering Mind Holistic Therapies

Miss Annie Taylor MNCS Accred

32 School Avenue

Co. Durham, DH4 6SA

07804 240 740 | flickeringmind@outlook.com

Accessing Flickering Mind Holistic Services with an EHCP

Flickering Mind and Local Councils

Thank you for choosing Flickering Minds counselling and supportive services to access through your EHCP. We are happy to help you every step of the way with advice and guidance where required as we navigate on how to access our therapies with readily available funding.

What services do we offer that can be accessed through an EHCP?

An EHCP can be used to access the following services at Flickering Mind:

- **Individual Psychotherapy** - Psychotherapy is a confidential, evidence-based talking therapy that provides a safe and supportive space to explore thoughts, emotions, behaviours and life experiences. It can help people who are struggling with anxiety, low mood, trauma, relationship difficulties, overwhelming emotions or a sense of feeling “stuck,” by developing greater self-understanding, emotional regulation and healthier coping strategies. Over time, psychotherapy can strengthen resilience, improve relationships and support lasting psychological wellbeing.
- **Hypnotherapy** - Hypnotherapy is a therapeutic approach that uses guided relaxation and focused attention to help access deeper levels of awareness and responsiveness. In this calm and absorbed state, people may be better able to explore underlying patterns, shift unhelpful beliefs, and strengthen positive coping strategies. Hypnotherapy can support those experiencing anxiety, stress, phobias, low confidence, habits, or emotional blocks by working with both conscious and subconscious processes. Sessions typically involve an initial discussion of goals, followed by gentle guided techniques tailored to the individual, with clients remaining in control throughout and able to end the process at any time.
- **Interactive Therapy via Gaming** - Gaming therapy is a therapeutic approach that uses video games as a structured way to build connection, emotional insight and psychological skills. By working within a shared online gaming environment, clients can safely explore themes such as problem-solving, frustration tolerance, communication, identity and resilience in a way that feels engaging and less intimidating than traditional talk-based approaches. It can be particularly helpful for children, adolescents and neurodivergent individuals who may find it easier to express themselves through play. Sessions typically combine gameplay with reflective conversation, with clear therapeutic goals, agreed boundaries and ongoing review to ensure the work remains purposeful and supportive.

What is an EHCP?

An EHCP is intended for children and young people aged 0 to 25 who have significant additional needs that cannot be met through standard support in their educational setting. It provides a detailed description of their



needs and the specific support required to meet them, ensuring that all involved professionals are aligned in providing the best outcomes.

Who Needs an EHCP?

An EHCP may be necessary if:

- Your child has a learning difficulty or disability that requires special educational provision beyond what is typically available.
- Your child's needs impact their ability to learn, such as difficulties with communication, cognition, emotional well-being, physical disabilities, or sensory impairments.

If you believe your child might need an EHCP, you can request an assessment.

Requesting an EHCP Assessment

You can request an EHCP assessment through your local authority (LA). This can be done by:

1. Parents/Carers: Write to the LA to request an assessment.
2. School or Nursery: Staff may recommend an assessment and make a request on your behalf.

The LA will consider the request and must inform you of their decision within six weeks. If they agree to an assessment, the process will begin.

The EHCP Assessment Process

1. Gathering Information:
 - a. Professionals (e.g., teachers, doctors, therapists) provide detailed reports about your child's needs.
 - b. Parents and the child or young person also share their perspectives.
2. Drafting the Plan:
 - a. If the LA agrees an EHCP is needed, they will create a draft plan.
 - b. You can review the draft and suggest changes.
3. Finalizing the Plan:
 - a. Once agreed, the EHCP is finalized and becomes a legally binding document.

The entire process should take no more than 20 weeks from the initial request.

Sections of an EHCP

An EHCP is divided into several key sections:

- A: The views, interests, and aspirations of the child/young person and their parents.
- B: The child or young person's special educational needs (SEN).
- C: Health needs related to their SEN.
- D: Social care needs related to their SEN.



- E: Outcomes sought for the child or young person.
- F: Special educational provision required.
- G: Health provision required.
- H: Social care provision required.
- I: Placement (educational setting).
- J: Personal budget (if applicable).
- K: Appendices (evidence gathered during the assessment).

Reviewing an EHCP

EHCPs are reviewed annually in an Annual Review Meeting, where parents, professionals, and the child/young person discuss progress and any necessary updates. Significant changes can lead to an amended EHCP.

What is EHCP Funding?

EHCP funding is the financial support allocated to meet the special educational, health, and social care needs outlined in your child's EHCP. This funding ensures that:

- The school or educational setting can provide necessary support.
- Additional resources, therapies, or interventions are made available.
- A personal budget can be utilized for certain provisions, if applicable.

The local authority (LA) is responsible for funding the support detailed in the EHCP.

How is EHCP Funding Allocated?

1. Element 1: Core Education Funding
 - a. All schools receive core funding to provide basic educational support for all students.
2. Element 2: Additional SEN Support
 - a. Schools receive an additional amount per student to address special educational needs (typically up to £6,000).
3. Element 3: High Needs Top-Up Funding
 - a. If the costs of meeting your child's needs exceed £6,000, the LA provides top-up funding through the EHCP.

Steps to Access EHCP Funding

Obtain an EHCP.

Funding is only available for children with an EHCP. Follow the steps to request and complete the EHCP process as outlined in the Parent Guide to Education Health Care Plans (EHCPs).

Work with the Educational Setting

Once the EHCP is finalized:



- The school or setting will allocate resources to meet the needs in the EHCP.
- The headteacher and SENCO (Special Educational Needs Coordinator) are responsible for ensuring that funding is used effectively.

Discuss the Personal Budget (Optional)

You can request a personal budget if you want direct control over specific aspects of the support. This might include:

- Funding for therapies.
- Specialist equipment.
- Alternative educational provision.

The LA must approve the personal budget and agree that it aligns with the EHCP outcomes.

Using the EHCP to Secure Funding

1. **Ensure Specificity:** The EHCP must clearly specify the support required (e.g., hours of one-to-one teaching, therapy sessions). Vague language can lead to disputes over funding.
2. **Monitor Implementation:** Regularly check that the support detailed in the EHCP is being provided. Raise concerns with the school or LA if necessary.
3. **Review and Update:** Use the Annual Review to assess if the current funding meets your child's needs and request changes if required.

Parents/Carers can request a detailed breakdown of where funding is currently being allocated at any time. Parents and carers are also able to request reviews outside of the annual review if they believe amendments would make significant change.

Appealing Decisions About Funding

If you believe the funding is inadequate or the LA has refused certain provisions, you can:

1. **Request Mediation:** This is often the first step to resolving disputes.
2. **Appeal to the Tribunal:** File an appeal with the First-tier Tribunal (Special Educational Needs and Disability).
3. **Seek Advocacy Support:** Organizations like IPSEA or SENDIASS can provide advice and representation.

Further Assistance

It can be a complex and confusing process however we are here to help as much as we can. At times we can step in and directly organise with SEN schools, LA's and other authorities and organisations to assist in attaining access to use our services via an EHCP.

Please use the guide provided and should you require any further assistance please reach out to us:



Flickering Mind Holistic Therapies

Call: 07804240740

Email: flickeringmind@outlook.com

Visit: www.flickeringmind.co.uk

Thank you for choosing Flickering Mind Holistic Therapies

