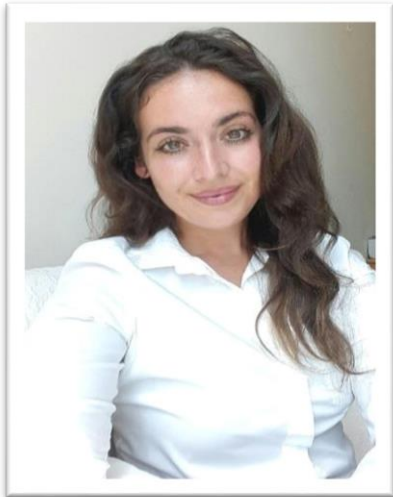


# MAREAS

*Comprehensive Therapeutic Services for Children & Families*



## **Lucy Collins, Child and Family Therapist**

Lucy is originally from London, England. She completed her Bachelor's degree in Psychology and Counselling at the University of Northampton in the UK, and is currently completing her Master's degree in Psychology at a London based university. Additionally, she volunteered at Sure Start UK, where she delivered group support workshops for children and families.

Lucy previously worked as a Kindergarten Teacher, and has experience teaching a diverse group of children. During her time teaching, Lucy worked closely with many children who have experienced personal, social and academic problems, and understands how much these types of issues can impact a child's mental health and wellbeing. Therefore, Lucy has the necessary skills to assist children and teenagers who may

be struggling emotionally, and is able to teach them the coping skills they need to be able to function in their everyday lives.

Lucy travelled to the Himalayas in India to study eastern Meditation and Philosophy where she received her International Meditation Teacher training Certification. Thus, she believes that her psychology training and Meditation practice has helped her to create a tranquil space for her clients. Lucy prefers to take a holistic approach to therapy by using Mindfulness-based Cognitive Behavioural Therapy (MCBT) and various other evidence-based Meditation techniques to help clients to explore their thoughts and feelings, as well as learn how to recognize and manage their emotions and behaviour. This way, clients are able to develop the resilience they need to cope with daily stressors and the unpredictability of life. These techniques can help clients with a range of difficulties including, Anxiety, Stress, Fear, Aggression, and Depression.

Accordingly, Lucy has interweaved her skills and experience into her therapeutic practice in order to create a gentle and nurturing environment for children and families at Mareas.