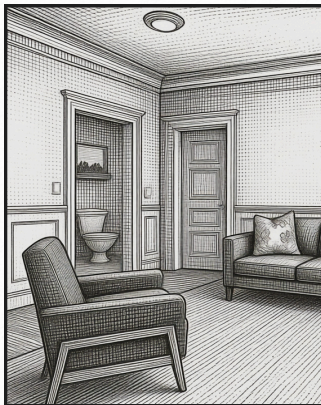


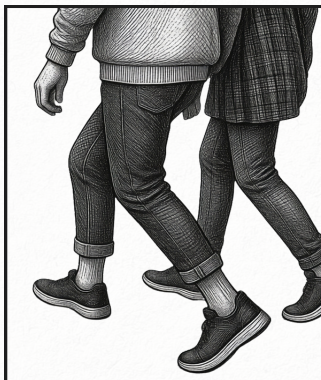
Emotional Regulation & Behavioural Support

Structured behavioural health support for individuals experiencing overwhelm, emotional intensity, impulsivity, reactivity, behavioural patterns, and difficulties with self-regulation.



Who We Support

- Individuals experiencing emotional overwhelm and persistent stress
- Emotional intensity, impulsivity, and reactive patterns
- Difficulties with self-regulation and behavioural control
- Burnout, frustration, and emotional exhaustion
- Relational strain linked to behavioural patterns
- Challenges with boundaries, coping, and sustainable functioning



Foundation Programme

- Emotional regulation assessment and formulation
- Behavioural understanding and pattern recognition
- Practical coping strategies and regulation tools
- Self-awareness and sustainable routine planning
- Relational awareness and behavioural support
- Clear recommendations and next steps



Professional Support Programme

- 6-Session Foundation Programme - £850
- Initial assessment and formulation
- Six focused support sessions
- Practical behavioural strategies
- Emotional regulation and self-regulation support
- Clear recommendations and next steps

Suitable for overwhelm, impulsivity, behavioural challenges, emotional intensity, and workplace or relational wellbeing difficulties.