



Psychology made practical.

For pupils, for staff, for parents

We bring clinical psychology into schools in a practical, compassionate and accessible way.

WORKSHOPS & TALKS



Staff & teachers

- ◆ Staff stress, burnout and emotional wellbeing
- ◆ Neurodiversity and inclusive classrooms
- ◆ Practical psychology for everyday school life



Pupils

- ◆ Understanding emotions and individual differences
- ◆ Friendships, identity and self-esteem
- ◆ Coping with stress, worries and change



Parents & carers

- ◆ Navigating friendship difficulties, bullying and social pressures
- ◆ Championing differences, including neurodiversity
- ◆ Supporting children through worries, low mood and academic pressures
- ◆ Uncertainties of social media and being online
- ◆ Navigating transitions and change
- ◆ Self-compassion and body image



Consultancy for schools

We work with schools more broadly to support their specific needs, including:

- ◆ Reviewing wellbeing and mental health strategy
- ◆ Consulting on specific challenges, including bullying, neurodiversity, staff burnout, parental conflicts and mental health difficulties in children

Dr Ceyla Karamanci

HCPC-registered Clinical Psychologist · DClinPsy, UCL · PhD in Cognitive Psychology, Koç University · Master's in Clinical Social Work, Washington University STL



Clinical and Cognitive Psychologist holding two doctorates, with over 15 years' experience working with children and adolescents across clinical, educational and research settings. She has worked in the NHS CAMHS Neurodevelopmental Disorders and Learning Disabilities service, in Paediatric Psychology at Chelsea and Westminster Hospital, at a specialist school in the US, and as a Child and Adolescent therapist in Turkey. She is trained in a range of approaches for children and has extensive experience engaging with parents: delivering talks, appearing on TV, and facilitating parent groups. Her PhD includes published work on ADHD, OCD and DMDD in children. She is also a parent of a school-age child in London, giving her insight into the everyday realities parents and schools navigate together.

Dr Jacquelyn Yang

HCPC-registered Clinical Psychologist · BABCP-accredited Cognitive Behavioural Psychotherapist · DClinPsy, PGCert and Master's, UCL



Clinical Psychologist and Cognitive Behavioural Psychotherapist with over 10 years' experience across the NHS, academia and the third sector, including specialist work with children and young people. She has worked in NHS CAMHS and a Looked After Children service in the Borough of Kensington and Chelsea. She has also conducted and published research with UCL Great Ormond Street Institute of Child Health into the wellbeing of children and young people with serious long-term health conditions. A former international competitive swimmer for Hong Kong, she brings a warm, first-hand understanding of performing under pressure, resilience and navigating high expectations. She combines this experience with a trauma-informed, evidence-based approach to support pupils, families and schools.