

My name is Lisa Byrd I am the coordinator of the Positive Support Programme within DHFS.

I have been in this role for three years but have been employed here for seven years in total as a Teaching Assistant.

Referrals usually come via House Support Managers or House Progress Leaders.

Sessions last for one hour per week and vary in amount of sessions required due to topic and distress levels. The lessons students come out of are agreed with H.S.M. and I try to rotate them where possible.

Students are only referred where their lack of wellbeing is impacting on their learning.



The Positive Support room is in C Block located behind Student services.

I work with students who feel 'Stuck' or need help with self-development and offer a space for them to speak freely and without fear of judgement. By working towards a positive outcome in an active working alliance I believe we can facilitate change and support the wellbeing of our young people.

Issues frequently addressed include;

- Adoption
- Anger
- Autism Spectrum Disorder
- Anxiety
- Bereavement
- Depression
- Hygiene
- Loss
- Relationship / Friendship Issues
- Self Esteem
- Assertiveness
- Exam Stress
- Gender and Sexuality Identity Issues
- Trauma

Before working at DHFS I have completed a three year training course in Person Centred Psychotherapy and Counselling.

I have worked in a variety of roles including Face to Face counselling in a women's organisation supporting adult survivors of Childhood Sexual Abuse and also worked within a G.P. practice in Sheffield as a practice counsellor.