

Our Services



Resilience for Life

At the Centre for Emotional Growth & Resilience (CEGR), we recognise that the relationships between individuals and the adults who care for them are essential for healthy emotional development and resilience. This means that as parents and key adults we are in the best position to help those in our care to:

- Feel good about themselves;
- Effectively manage their feelings;
- Deal with life's challenges;
- Form positive relationships;
- Make good decisions;
- Take responsibility for themselves;
- Develop independence.

When individuals, children, parents or families are in crisis however key relationships can become fragile and stressed. When these relationships fail, disrupted emotional development is a likely outcome, increasing the possibility of mental health issues, social vulnerability, addiction, marginalisation and involvement in anti-social behaviour and criminal activity.

Mission

Our mission is to promote emotional growth and resilience in adults and children and enable those who have key relationships, to understand the everyday ways in which they

can naturally support the emotional development and resilience of the individuals in their care.

Challenges

When people are in crisis it is the key adults in their lives who are in the best place to support them. It can be challenging however to know how best to do this, especially when relationships are fragile, and the challenges are complicated.

Our Services

We seek to empower parents and key adults to create, build and maintain relationships with those in their care and understand how they can best support them, even during the most challenging times.

Our core service offerings are:

- Psychological consultations and assessments for learning, behaviour and emotional development needs;
- Therapeutic groups for parents;
- Workshops for parents:
- Individual consultations for parents;
- Equine therapy sessions for individuals;
- Equine therapy sessions for parents (individual and group);
- Equine therapy sessions for children (individual and group);
- Equine therapy sessions for families;
- Consultation and training for professionals and organisations.

Key Benefits

- Holistic and natural approach;
- Engaging for hard to reach individuals, children, young people and families;
- Programmes facilitate the emotional growth of participants and those in their care;
- Bespoke programmes offered to organisations, key adults and parents, families, children and young people;
- Programmes developed and managed by experienced, highly qualified and registered mental health practitioners;
- Tailored approach based on client need;
- Provides a powerful alternative to room based and talking therapies;
- Supporting clients to find their own solutions to fit their own unique circumstances.

Outcomes

- Positive mental health and wellbeing;
- Personal development for both the key adults and those in their care;
- Reducing the chance of school exclusion and involvement in criminal activity.



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