



VANESSA TEIXEIRA
MENTAL HEALTH
THERAPIST

Vanessa Teixeira

Proposal

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Overview

The mental health of employees is critical to fostering a productive and supportive workplace environment.

This proposal outlines the implementation of a comprehensive mental health services program that includes an initial assessment, individual therapy, group therapy, workshops, and specialised program development aimed at enhancing employee well-being, reducing stigma, and improving overall organisational performance.

Promoting mental health awareness is essential to fostering a culture where employees feel safe to discuss their mental health needs.

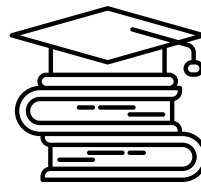
About Vanessa Teixeira

My name is Vanessa Teixeira, and I am a dedicated Counsellor and Therapist with extensive experience in the field of counselling. I hold a degree in Counselling and a Master's Degree in Psychodynamic Counselling, complemented by ongoing professional development in Cognitive Behavioural Therapy and trauma-informed therapy, among various other modalities.

My goal is to assist individuals in navigating their emotional and mental health journeys in a sustainable and effective manner. My counselling approach is person-centred, focusing on the client as a whole rather than merely addressing the issues presented in therapy sessions. As a mental health professional, I believe in the transformative power of empathy and active listening, which helps create a safe and supportive environment for clients to explore their thoughts and feelings meaningfully.

I am deeply committed to advocating for equality and diversity, ensuring that all individuals feel valued and understood. Through engaging workshops, training sessions, and both group and individual therapy, I strive to share my knowledge and empower others to embrace their unique experiences. My expertise encompasses a broad range of issues, including anxiety, depression, relationship challenges, trauma, workplace stress, and burnout.

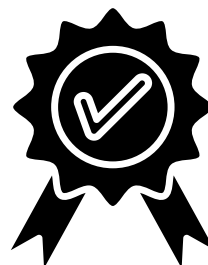
Outside of my professional pursuits, I enjoy spending quality time with family and friends, reading, writing, and taking walks in nature. These activities enrich my life and deepen my connection with clients. I invite you to reach out to discuss how I can support you on your journey toward healing and growth.



BA (Hons) Person-Centred Counselling



MSC Psychodynamic Counselling



Professional affiliations (associations, boards, memberships). MNCPs (Acc.) NCS22-02835

Vanessa's Approach

Psychodynamic Therapy:

This modality focuses on exploring the unconscious processes and emotional dynamics that influence behaviour and relationships. By understanding the impact of past experiences on present challenges, clients can gain insight and work towards healing.

Cognitive Behavioural Therapy (CBT):

CBT is a structured, goal-oriented approach that helps clients identify and modify negative thought patterns and behaviours. By developing healthier coping strategies, clients can better manage their emotional responses and improve their overall well-being.

Person-Centred Therapy:

In this modality, I prioritise creating a safe and supportive environment where clients feel empowered to explore their thoughts and feelings. This approach emphasises empathy, active listening, and unconditional positive regard, allowing individuals to lead their own therapeutic journey.

Trauma-Informed Care:

This framework recognises the widespread impact of trauma and emphasises safety, choice, and empowerment. I integrate trauma-informed principles into my practice to ensure that clients feel secure and supported as they navigate their healing process.

Mindfulness-Based Approaches:

Incorporating mindfulness techniques can help clients cultivate present moment awareness and reduce anxiety. These practices encourage self-compassion and promote emotional regulation, enhancing overall mental health.

1

Psychodynamic Therapy

2

Cognitive Behavioural Therapy

3

Person-Centred Therapy

4

Trauma-Informed Care

5

Mindfulness-Based Approaches



The Impact of Mental Health Issues in the Workplace

Mental health challenges affect a significant portion of the workforce, with studies indicating that 1 in 5 adults experiences mental illness annually.

A workplace that prioritises mental health awareness helps to reduce stigma, encourages open conversations, and supports employees in seeking help.

By providing mental health services, we can address these challenges, improve employee morale, and enhance productivity.

The Importance of Mental Health Awareness in the Workplace



Increased awareness can help combat the stigma surrounding mental health, making employees feel more comfortable discussing their struggles and seeking help.

Employees who are mentally healthy are more engaged and productive. Awareness initiatives can lead to a more focused and efficient workforce.

Organisations that support mental health are more likely to retain employees, as individuals tend to stay with employers who prioritise their well-being.

Promoting mental health awareness contributes to a culture of empathy and support, making the workplace a more enjoyable and motivating environment.

Reasons Why Mental Health Awareness Is Important in the Workplace

Improves Productivity & Performance

Employees with good mental health are more focused, creative, and motivated, leading to better overall results.

Strengthens Workplace Relationships

Good mental health improves communication, teamwork, and conflict resolution within the workplace.

Reduces Absenteeism & Turnover

Poor mental health often leads to sick leave and burnout. Supporting mental well-being reduces missed workdays and increases staff retention.

Encourages Resilience & Adaptability

Mentally healthy employees cope better with stress, change, and workplace challenges.

Boosts Employee Engagement & Morale

A supportive environment helps employees feel valued, leading to higher job satisfaction and loyalty.

Protects the Organization's Reputation

Companies that prioritize employee well-being are seen as responsible, ethical, and attractive to both clients and talent.



Proposed Services

INITIAL ASSESSMENT

Conduct a comprehensive mental health assessment at a cost of £250 to identify individual needs and tailor services accordingly.

GROUP THERAPY

Facilitate one group therapy session per month, providing a safe space for employees to share experiences and coping strategies at a cost of £150 per session.

WORKSHOPS

Conduct one workshop every three months on various topics at a cost of £250 per session

INDIVIDUAL THERAPY

Offer confidential one-to-one therapy sessions every two weeks at a cost of £60 per session.

Proposed Workplace Workshops

MENTAL HEALTH FIRST AID

Training for employees on how to recognise mental health issues and support colleagues in need.

COPING STRATEGIES FOR ANXIETY AND DEPRESSION

Practical tools for employees to manage symptoms and improve their mental health

BOUNDARY SETTING

Guidance on establishing healthy boundaries to maintain work-life balance and protect mental health.

EFFECTIVE COMMUNICATION

Enhancing communication skills to foster better relationships and teamwork among employees.

RESILIENCE BUILDING:

Support with communication, conflict resolution, and strengthening connections

BURNOUT PREVENTION

Identifying signs of burnout and implementing strategies to prevent it and promote well-being.

BREATHING EXERCISES:

Techniques to help employees manage stress and anxiety through mindful breathing practices.

MINDFULNESS AND STRESS REDUCTION

Techniques to manage stress and promote mindfulness in daily activities.

WORK-LIFE BALANCE:

Tips and tools for managing work responsibilities while maintaining personal well-being.

Implementation Plan

Needs Assessment:

Conduct employee surveys to identify specific mental health needs and preferences for therapy and workshops.

Program Development:

Partner with licensed mental health professionals to develop the therapy and workshop curriculum, including specialised programs.

Launch:

Develop and implement an internal communication strategy to promote awareness and encourage participation

Evaluation (Ongoing)

Gather feedback and assess the effectiveness of the services through surveys and participation rates.



Price List

Project and Initiative	Fee
Initial Assessment Comprehensive Mental Health Assessment.	£250 (one-time cost per group)
Individual Therapy Conducted every two weeks subjected to consideration and organisation needs.	£60 per session
Group Therapy Held once a month or when necessary, subjected to consideration and organisation needs.	£150 per session (per group)
Workshops Conducted every 2 months or when necessary subjected to consideration and organisation needs.	£250 (per workshop)



Evaluation and Feedback



Metrics for Success

Employee feedback through satisfaction surveys pre- and post-program implementation.

Track participation rates in individual and group therapy sessions, as well as workshops.

Analysis of changes in absenteeism and turnover rates.

Feedback

Conducting biannual reviews to assess the quality and effectiveness of the services, adjusting as necessary based on employee feedback.

Final Thoughts

Investing in mental health services is essential for fostering a supportive and productive workplace.

By implementing individual and group therapy, workshops, initial assessments, and specialised program development alongside promoting mental health awareness, we can create a healthier workplace that prioritises well-being and enhances overall organisational performance.



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For inquiries,
contact us.



www.vanessaharbourtherapy.com



vanessaharbourtherapy@gmail.com



0756 1433 193