



WELCOME TO

foundations

CHILD, ADOLESCENT AND FAMILY THERAPY

Tonbridge, Kent | Ashurst, West Sussex
www.foundationschildtherapy.co.uk



About us

WHAT IS FOUNDATIONS ?

We are an award-winning organisation dedicated to providing high-quality assessments and therapeutic services for **children, young people, and adults** across **Kent, Sussex, and London**.

Our mission is to offer compassionate, evidence-based support that empowers individuals and families to flourish. We take pride in delivering care that is personalised, accessible, and grounded in clinical excellence.

Our Team

Our highly experienced **Multidisciplinary Team (MDT)** brings together a wide range of specialists. Each member of our team has extensive experience working within leading NHS

services and reputable private practices. This strong clinical background ensures that every person who comes to us receives **comprehensive, tailored care** informed by best practice and the latest research.

Our specialists include:

- Paediatricians
- Psychiatrists
- Clinical Psychologists
- Speech and Language Therapists
- Occupational Therapists

Our professionals work collaboratively, combining their expertise to develop holistic assessment pathways and bespoke therapeutic plans. This integrated approach enables us to support a wide range of developmental, behavioural, emotional, and mental health needs.

Our Commitment

We are committed to:

- Providing **timely, high-quality assessments**, including neurodevelopmental evaluations such as autism and ADHD.
- Offering **effective, personalised therapies** that support long-term wellbeing.
- Creating a warm, safe, and welcoming environment for clients and families.
- Ensuring clear communication, transparency, and continuity of care throughout every stage of the client journey.

Our Values

Our work is underpinned by a set of core values that guide everything we do. We prioritise **compassion**, ensuring every individual feels heard, respected, and supported.



OUR VALUES

- COMPASSION
- SAFETY & TRUST
- HOLLISTIC & COLLABORATIVE PRACTICE
- NEUROAFFIRMATIVE & STRENGTH-BASED APPROACH
- HIGH-QUALITY, PERSONALISED CARE

We are committed to **professionalism and integrity**, maintaining the highest standards in all aspects of our practice. **Inclusivity** is central to our approach; we celebrate diversity and strive to make our services accessible to all. We also champion **evidence-based** practice, meaning our assessments and interventions are informed by the latest research and clinical guidelines.

Our Vision

Our vision is to improve access to high-quality specialist services across the region and beyond. We aim to reduce waiting times, remove barriers to support, and offer families a clearer, more responsive pathway to assessment and therapy.

Through continuous development, innovation, and collaboration with trusted partners, we aspire to become a leading independent provider of holistic, person-centred care.

Why Choose Us

Choosing us means choosing a team that genuinely cares. We offer rapid access to assessments and therapies without compromising quality or clinical accuracy. Our award-winning team brings a wealth of experience from both the NHS and private sectors, allowing us to provide a seamless blend of expertise, efficiency, and personalised care. We take time to understand each client's unique needs and tailor our recommendations accordingly, ensuring a supportive and effective experience from start to finish.

What We Treat

We support individuals with a wide range of developmental, behavioural, emotional, and mental health needs.

This includes autism, ADHD, speech and language difficulties, sensory processing differences, anxiety, low mood, behavioural challenges, and many other concerns affecting daily life and wellbeing. Our team offers both diagnostic assessments and ongoing therapeutic support to help individuals understand themselves better and develop the skills they need to thrive.

Our Approach

Our approach is **child-centred, family-focused, and multidisciplinary**. We believe that the best outcomes are achieved when specialists work together, combining their knowledge to create a complete picture of each individual's strengths and needs. We involve families at every stage, ensuring they feel informed, empowered, and supported. Our therapeutic plans are always tailored, flexible, and designed with long-term progress in mind.

Assessments

ADHD **ASSESSMENT**

Our mission is to provide an assessment service that empowers individuals and families.

We believe in offering meaningful insights into ADHD and Autism, helping each person recognise their strengths while also exploring areas that may present challenges.

We aim to foster a deeper sense of self-understanding, encouraging a positive, compassionate perspective on neurodiversity.

By doing so, we support improved mental health, emotional well-being, and greater confidence in day-to-day life.

After the assessment, we ensure you or your child are connected with personalised resources and support. Everything we recommend is tailored with care and precision to meet individual needs. We are here to guide you or your loved one through this journey with clarity, reassurance, and the tools needed to thrive.

Our Multidisciplinary Team (MDT) Approach

A core part of our service is our comprehensive MDT approach. This means that your assessment is shaped by the combined expertise of multiple professionals, ensuring a thorough and well-rounded understanding of your profile.



Our team may include clinical psychologists, specialist ADHD and Autism practitioners, occupational therapists, speech and language therapists, and mental health professionals. Each member brings a unique perspective, helping us to capture a fuller picture of strengths, challenges, developmental history, and daily functioning. By working together, our MDT ensures your assessment is balanced, accurate, and grounded in best clinical practice. This collaborative approach allows us to create recommendations that are both practical and meaningful for everyday life.

What Our ADHD Assessment Involves

Our ADHD assessments are supportive, structured, and designed to explore every aspect of your experience. We begin with a detailed clinical interview that explores developmental history, current wellbeing, and personal strengths.

You will be invited to complete evidence-based questionnaires and ADHD rating scales. Where appropriate, we also gather input from teachers, partners, or close family members to understand how symptoms present across different settings. In addition, we use observation and behavioural analysis to gain a clearer picture of daily functioning. We also screen for related conditions such as anxiety, executive functioning difficulties, or autistic traits, ensuring nothing is overlooked. At the end of the process, you will receive a comprehensive written report that clearly outlines findings, provides a diagnosis (if applicable), and includes personalised recommendations and next steps. Our goal is to make the entire experience validating, informative, and genuinely helpful.

“The Foundations team that we met were friendly, warm and understanding... I would highly recommend Foundations for an ASD and/or ADHD assessment.”

AUTISM **ASSESSMENT**

Our Autism assessments are compliant with the NICE guidelines. They are clinical assessments comprised of two gold-standard diagnostics tools.

The ADOS: ADOS stands for Autism Diagnostic Observation Schedule. ADOS is a standardized diagnostic test for Autism, published by Western Psychological Services (WPS) in 2000. Since that time, it has become one of the standard diagnostic tools both in the NHS and independent clinicians use when screening and provides a systematic method for identifying children with Autism.

The developmental, dimensional and diagnostic interview (3di)

Parent Interview: An automated procedure was devised for administration by trained interviewers that generates symptom and diagnostic profiles for both autism and non-autistic conditions. The interview is designed to be conducted with a parent of the individual being assessed, or with another informant who has known the individual well since childhood.

We are fully compliant with the NICE Guidelines and use the gold standards which are the same used within CAMHS NHS assessments. Our reports are comprehensive and provide full details of the assessment and diagnosis. You may wish to discuss this with your local team beforehand and we are able to liaise with them if you require.

Each assessment is booked in for a maximum of two hours, but if we feel we need more time, we will book in another appointment.

DYSLEXIA **ASSESSMENT**

Our highly-qualified dyslexia assessor provides full Dyslexia Assessments using SASC- approved tests covering cognitive ability, reading, spelling, writing, phonological awareness, working memory and processing speed.



Child Therapy

We provide a safe, nurturing environment where children can explore their feelings.

PLAY & CREATIVE THERAPY

Play therapists offer a safe, non-confrontational way for children and young people to express and explore their thoughts and feelings. Using play and creativity, play therapy allows children to explore their emotions in ways that feel natural and accessible. This type of therapy can support emotional expression, build self-awareness, and gently work through difficult experiences at the child's own pace.

MUSIC THERAPY

Music therapy is a clinical, evidence-based practice that uses music to support emotional, psychological, physical, and social well-being. Sessions are led by a qualified music therapist who tailors musical experiences to meet the unique needs of each individual. It is a creative, non-verbal, and personalised way to explore emotions, process experiences, or build connections.

MINDFULNESS THERAPY

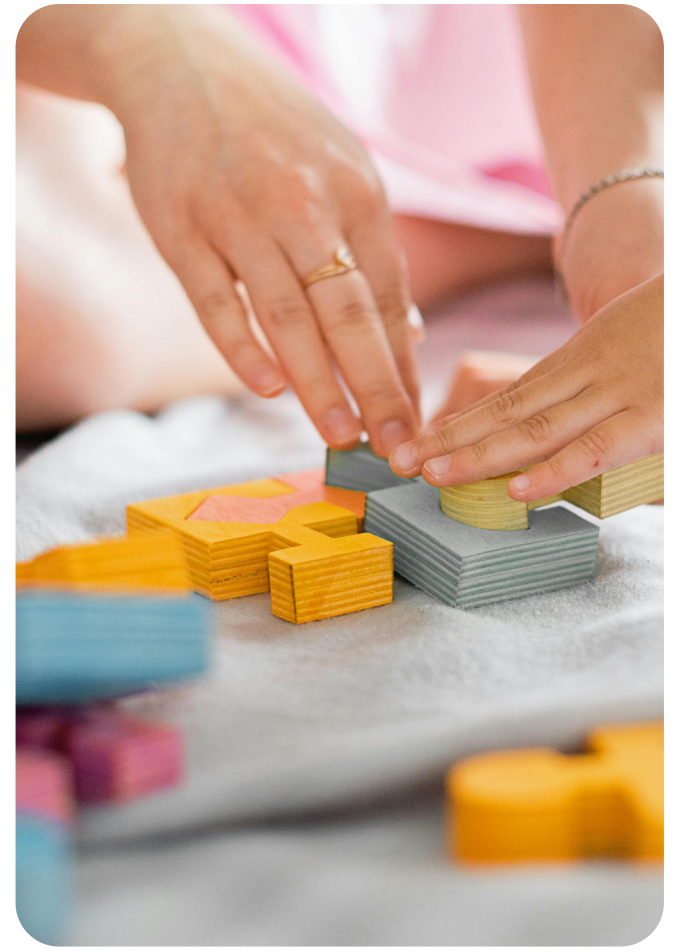
Our therapist, works with children to help them build self-awareness and manage big emotions. She works with the child and parent to develop techniques that can be used outside the sessions to help regulate anger, anxiety, and other challenges.

COGNITIVE BEHAVIOURAL THERAPY

Our CBT therapist works alongside children and young people to explore how thoughts, feelings, and behaviours are connected. Together, they identify patterns that may be getting in the way and develop practical strategies to respond differently. CBT can be especially helpful for challenges like anxiety, low mood, and phobias, offering tools to build confidence and emotional resilience.

OCCUPATIONAL THERAPY

Our experienced Occupational Therapist can help you better understand your child's unique sensory profile and how it may be affecting their emotions, behaviours, and daily life. Her sessions will explore your child's sensory needs and challenges and share practical strategies.



FAMILY THERAPY

Family therapy offers a space for families to come together and explore relationships, communication, and shared challenges. It supports understanding between family members and helps build stronger, more connected ways of relating to one another.

"I wanted to thank you and your team for your time, patience, professionalism and warmth whilst going through this process with us."

Other therapies

Offering professional, compassionate care to support mental well-being and personal growth.

CLINICAL PSYCHOLOGY

Clinical psychologists draw on in-depth training in human development, mental health, and psychological theory to offer meaningful insight into emotional, behavioural, and relational challenges. They use evidence-based approaches to assess, formulate, and support a wide range of concerns, working collaboratively with young people and families to promote understanding, resilience, and positive change. Support can be offered as a one-off, in-depth psychological assessment or through ongoing sessions tailored to individual needs.

COUPLES THERAPY

Led by experienced therapists, our Couples Therapy sessions provide a confidential and non-judgmental environment for couples to address concerns, improve communication, and deepen their connection. By learning effective communication and conflict resolution skills, couples can cultivate greater understanding, trust, and intimacy in their relationship, fostering long-lasting resilience and mutual support.

COUNSELLING

Counselling is a type of talking therapy that offers a safe, supportive space to explore thoughts, feelings, and experiences. It can help make sense of what's causing distress or difficulty and support emotional wellbeing and personal growth. Our counsellors are all integrative, meaning they draw on a range of approaches including person-centred therapy, cognitive behavioural therapy (CBT), and psychodynamic techniques. Counselling can support with issues such as anxiety, low mood, self-esteem, relationships, and life transitions, at a pace that feels comfortable.

PARENT MENTORING

With a wealth of lived and professional experience, our parent mentors offer compassionate, practical guidance and strategies for parents: Building confidence, developing strategies for everyday challenges, and finding new ways to support their child and family life. Drawing on lived experience of PDA, emotional-based school avoidance and approaches like Non-Violent Resistance (NVR), our mentors provide relatable, non-judgemental support tailored to each family's needs.

NARRATIVE & PERSON-CENTRED THERAPY

Our Assistant Psychologist works with children and young people to support emotional regulation, neurodivergent identity, and self-esteem through narrative and person-centred therapies. Work focuses on helping neurodivergent young people understand and accept themselves, develop strategies that support their wellbeing, and feel empowered to live and thrive authentically as themselves. Our Assistant Psychologists work under the supervision of a clinical psychologist.



Coaching

We provide professional, tailored coaching, empowering individuals to thrive in all aspects of life.

ADHD COACHING

ADHD coaching has emerged as an evidence-based approach for helping individuals with ADHD achieve personal and professional success. Research indicates that coaching can improve time management, organisational skills, and overall emotional regulation—key areas that are often impacted by ADHD.

Our ADHD coaching supports adults, parents and young people navigating and overcoming their ADHD-related challenges.

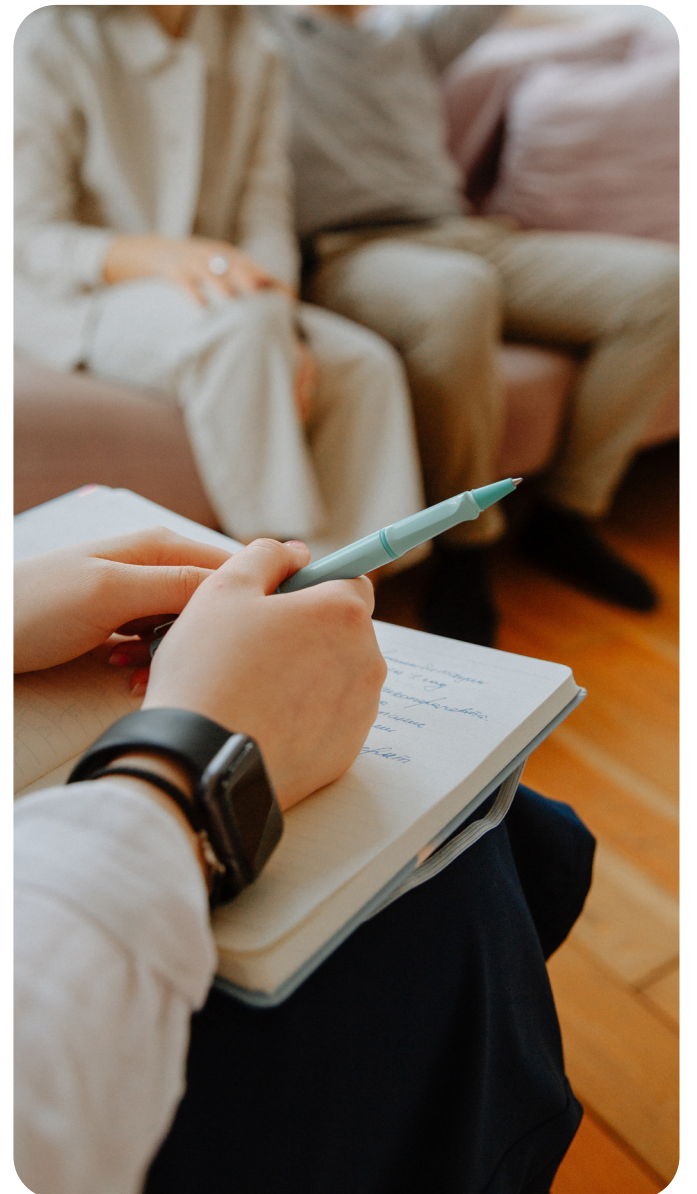
In a supportive, understanding environment, coaching sessions help clients harness their unique strengths, boost confidence, support emotional regulation, and provide practical tools for school and work.

Our coaching provides invaluable support for individuals looking to:

- Gain clarity on their goals and priorities.
- Build effective strategies for time management and organisation.
- Enhance focus and boost productivity.
- Improve self-confidence and manage emotional regulation.
- Develop sustainable routines and positive habits.
- Learn strategies to help with school and work.

AUTISM COACHING

Our autism coach provides a neuroaffirming and supportive space for autistic children, young people and adults to build on their strengths, develop practical skills, and enhance emotional resilience and self-understanding.



“ADHD coaching has helped me manage my time better and feel more in control of my life.”

Pricing & Info

We offer an initial telephone conversation, free of charge, to discuss the diagnostic assessment and for you to ask any questions.

ASSESSMENTS

ADHD ASSESSMENT

- Suitable for ages 6+
- Flexible availability
- Child assessment £1250
- Adult assessment £1250

DYSLEXIA ASSESSMENT

- £850
- Flexible availability

SALT ASSESSMENT

- £500

COACHING

AUTISM COACHING

- Suitable for any age
- Available Mondays, Wednesdays and Fridays. 50 mins.
- £100 per session

AUTISM ASSESSMENT

- Suitable for ages 4+
- Flexible availability
- Adult or child assessment £1950
- ADHD+Autism assessment £2950

OT ASSESSMENT

- Suitable for any ages
- £750

ADHD COACHING

- Suitable for age 7+
- Flexible availability. 50 mins.
- £100 per session

CHILD & ADULT THERAPIES

PLAY THERAPY

- Suitable for ages 4 - 12
- Available Wednesdays/Thursdays
- £70 per 45 min session

CREATIVE & ART THERAPY

- Suitable for ages 4 - 12
- Available Wednesdays/Thursdays
- £65 per 45 min session

MUSIC THERAPY

- Suitable for any ages
- Available Thursdays
- £65 per 45 min session

MINDFULNESS THERAPY

- Suitable for ages 4 - 12
- Available Mondays and Thursdays
- £65 per session

COUPLES THERAPY

- £120 per session

OCCUPATIONAL THERAPY

- Suitable for any ages
- Available Thursdays/Fridays
- £85 per 50 min session

COGNITIVE BEHAVIOURAL THERAPY (CBT)

- Suitable for ages 8+
- Available Mondays and Thursdays
- £75 per 50 min session

CLINICAL PSYCHOLOGY

- Suitable for any age
- Insurance options available
- £130 per 50 min session
- £185 for an assessment/90 mins

ASSISTANT PSYCHOLOGIST

- £55 per 50 min session

FAMILY THERAPY

- Suitable for all ages
- Available Wednesdays and Fridays
- £120 per session

NARRATIVE & PERSON-CENTRED THERAPY

- Suitable for ages 8+
- Available Wednesdays and Fridays
- £50 per session

COUNSELLING

- Suitable for ages 8+
- Flexible availability
- £80 per 50 min session

PARENT MENTORING

- Suitable for age 7+
- Flexible availability
- £75 per session

SCHOOL OBSERVATIONS

- Price on request
- Flexible availability

DYSLEXIA TUTORING

- Suitable for up to age 11
- Flexible availability
- £65 per session



Contact Us

GET IN **TOUCH**

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