

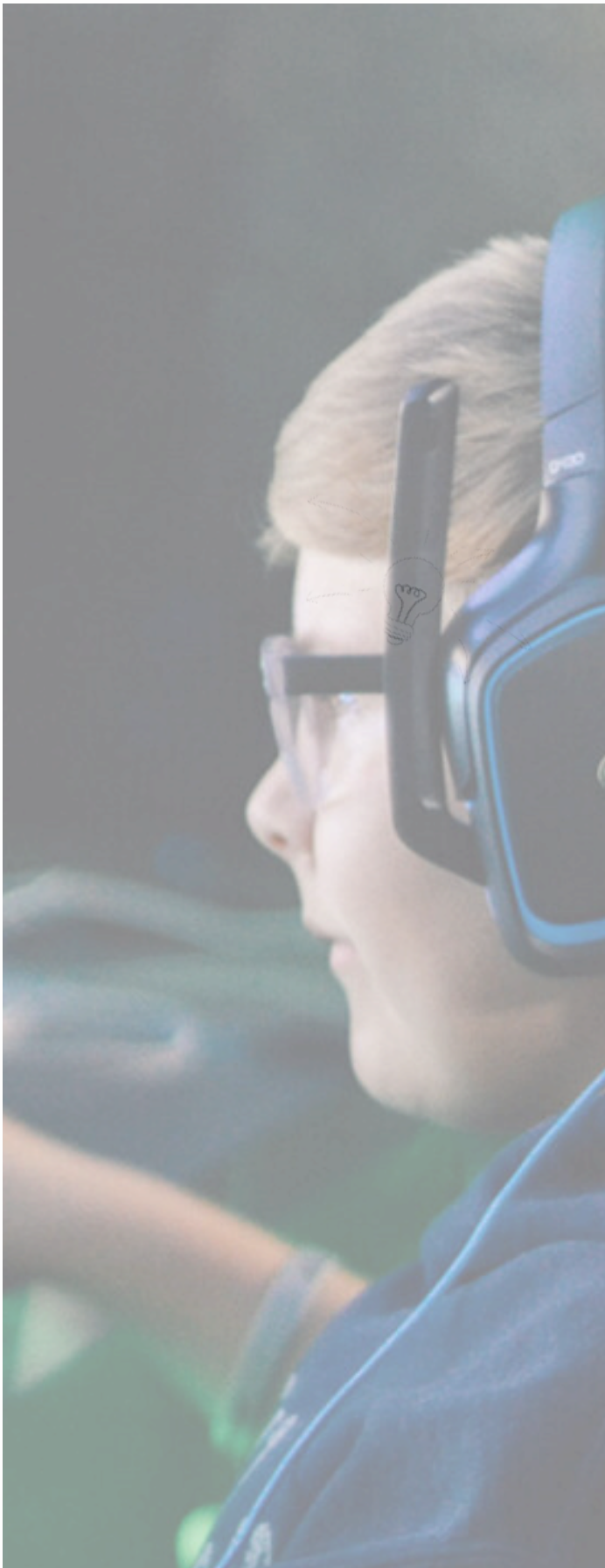


Gaming Therapy

VIA ONLINE HEALTHCARE PROFESSIONALS



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Minds Support Network UK is an organization that provides therapeutic support and connection to individuals with Special Educational Needs & Disabilities (SEND) through online gaming. They offer a variety of services, including counselling, supportive gaming, play-dates, and group therapy, to help participants develop social skills, improve mental health, and build meaningful relationships. Minds Support Network UK works with individuals of all ages, providing a safe and inclusive environment for everyone. Their positive impact includes increased confidence, improved communication skills, enhanced emotional well-being, and stronger social connections.

We are a pioneering organization that leverages the power of online gaming to provide therapeutic support and connection to individuals with Special Educational Needs & Disabilities (SEND). Through their innovative programs, Minds UK offers a safe and engaging space for children and adults to develop essential social skills, improve mental health, and build meaningful relationships.



By combining the therapeutic benefits of gaming with expert guidance from qualified therapists and support workers, Minds UK delivers tailored services that cater to the unique needs of each participant. Their approach fosters a supportive and inclusive environment where individuals can thrive and reach their full potential.

Minds Support Network UK offers four main types of therapy through online gaming:



DISABILITY & AUTISM FRIENDLY

Social Gaming

ONLINE SUPPORT WORKER LED WITH 2+ PARTICIPANTS

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DISABILITY & AUTISM FRIENDLY

Counselling via Gaming

IMPROVE MENTAL HEALTH WITH AN ACCREDITED THERAPIST

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DISABILITY & AUTISM FRIENDLY

Supportive Gaming

PLAY SUPERVISED GAMING WITH AN ONLINE SUPPORT WORKER

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DISABILITY & AUTISM FRIENDLY

Group Therapy

MAKE NEW FRIENDS IN A 2+ PARTICIPANTS FORMAT

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Each type of therapy offers unique benefits tailored to different needs and preferences.





Counselling Sessions at Minds Support Network

Minds Support Network UK offers counselling sessions conducted by qualified therapists within a virtual gaming environment. These sessions provide a unique and engaging approach to therapy, combining the benefits of gaming with the expertise of mental health professionals.

Key features of counselling sessions:

- **Qualified Therapists:** All counsellors are enhanced DNS cleared, qualified and registered mental health professionals, ensuring that you receive high-quality care.
- **Personalized Approach:** Therapy sessions are tailored to your individual needs and goals, addressing specific mental health concerns and challenges.
- **Comfortable Setting:** Gaming provides a familiar and comfortable environment, making it easier to open up and discuss sensitive topics.
- **Engaging Activities:** Therapeutic activities are incorporated into the gaming experience, promoting self-reflection, emotional regulation, and communication skills.
- **Supportive Environment:** The therapists create a safe and supportive space where you can feel comfortable expressing your thoughts and emotions.

Counselling sessions can address a wide range of mental health issues, including:

- Anxiety and depression
- Stress and burnout
- Trauma and PTSD
- Relationship issues
- Self-esteem and confidence
- Grief and loss



Social Gaming at Minds Support Network

Social Gaming are supervised gaming sessions designed to foster social skills, confidence, and communication abilities in a fun and interactive setting. They are led by online support worker and offer a safe and supportive environment for participants to connect with others.

Key features of social gaming:

- Supervised by Online Support Worker: Social Gaming are led by enhanced DNS cleared, qualified therapists who provide guidance, support, and ensure a positive experience for all participants.
- Small Groups: Sessions are typically held in small groups, allowing for personalized attention and interaction.
- Social Skills Development: Social Gaming focus on building social skills, such as communication, cooperation, and teamwork.
- Confidence Boost: Participants can develop self-esteem and confidence through positive social interactions and achievements within the game.
- Fun and Engaging: Social Gaming are designed to be enjoyable and engaging, making it easier for participants to relax and have fun while learning.

Social Gaming can be beneficial for individuals who:

- Struggle with social interactions
- Feel isolated or lonely
- Want to improve their communication skills
- Need a supportive environment to build confidence



Supportive Gaming at Minds Support Network

Supportive gaming is a personalized service that combines gaming with therapeutic support, providing a unique and engaging approach to therapy. It involves working with a qualified support worker in a virtual gaming environment to achieve specific goals and improve overall well-being.

Key features of supportive gaming:

- **Experienced Support Workers:** Support workers are enhanced DNS cleared, trained professionals who provide guidance, support, and encouragement throughout the gaming sessions.
- **Personalized Goals:** Sessions are tailored to your individual needs and goals, focusing on areas such as social skills, communication, problem-solving, or emotional regulation.
- **Engaging Activities:** Therapeutic activities are incorporated into the gaming experience, promoting positive outcomes and skill development.
- **Supportive Environment:** The support worker creates a safe and supportive space where you can feel comfortable expressing yourself and seeking assistance.

Supportive gaming can be beneficial for individuals who:

- Want to improve social skills and communication
- Need support with emotional regulation or stress management
- Desire to develop problem-solving and decision-making abilities
- Seek a fun and engaging way to work towards personal goals



Group Therapy at Minds Support Network

Group Therapy at Minds Support Network UK is a supervised gaming session that fosters creativity, enhances confidence, social aptitude, and communication abilities. It's Counsellor led and involves a group of participants in a 2+:1 ratio.

Key features of group therapy:

- **Supervised by Qualified Therapist:** The session is led by an enhanced DNS cleared experienced support worker who provides guidance, support, and ensures a positive experience for all participants.
- **Group Setting:** Participants interact with others in a group setting, promoting social skills and teamwork.
- **Creative Activities:** The sessions involve engaging creative activities within the gaming environment, fostering imagination and problem-solving skills.
- **Confidence Building:** Group therapy can help participants build self-esteem and confidence through positive social interactions and achievements.

Group therapy can be beneficial for individuals who:

- Struggle with social interactions or communication
- Want to improve their confidence and self-esteem
- Desire a supportive environment to learn and grow
- Enjoy collaborating with others



Safeguarding and Privacy

Minds Support Network UK provides a safe and convenient way to access therapy and support services from the comfort of your own home. Here's how our online services work:

1. Virtual Sessions: All our services are conducted through secure online platforms, allowing participants to connect with therapists and support workers from anywhere with an internet connection.

2. Familiar Environment: Gaming provides a comfortable and familiar setting for participants, making it easier to open up and engage in therapy.

3. Privacy and Safety: We prioritize the privacy and safety of our participants. All sessions are conducted in private virtual spaces, and communication is moderated to ensure a positive and supportive environment.

4. Flexible Scheduling: Our flexible scheduling options make it easy to find a time that works best for you, accommodating busy lifestyles and individual preferences.

5. Accessibility: Online services eliminate the need for travel and provide access to therapy for individuals who may have difficulty leaving their homes due to physical or mental health challenges.

6. Tailored Support: Our therapists and support workers are trained to provide personalized care that meets the unique needs of each participant, ensuring a positive and effective experience.



The Minds Support Network Therapy Session

A typical session at Minds Support Network UK involves the following:

1. **Initial Assessment:** Before starting, a brief assessment is conducted to understand the participant's goals, needs, and preferences.

2. **Game Selection:** Based on the participant's interests and goals, a suitable game is chosen from our wide range of options, such as Fortnite, Minecraft, Roblox, or others.

3. **Virtual Meeting:** The participant joins a private online gaming session with the therapist or support worker.

4. **Engaging Activities:** Throughout the session, participants engage in various activities within the game, such as exploring, building, or competing.

5. **Therapy and Support:** While playing, the therapist or support worker provides guidance, support, and therapeutic interventions tailored to the participant's specific needs. This may include:

- **Counselling:** Addressing emotional challenges, building coping mechanisms, and improving self-esteem.
- **Social skills development:** Practicing communication, teamwork, and collaboration.
- **Problem-solving:** Learning to overcome obstacles and find creative solutions.
- **Emotional regulation:** Managing emotions and developing healthy coping strategies.

6. **Reflection and Goal Setting:** At the end of the session, participants and therapists discuss the experience, reflect on progress, and set new goals for future sessions.

Gaming Options

Minds Support Network UK offers a variety of popular online games for their therapeutic sessions, each with unique benefits that can support individual needs and goals. Here's a brief overview:



Benefits

Encourages teamwork, communication, and strategic thinking. Can be helpful for building social skills and problem-solving abilities.



Benefits

Promotes creativity, problem-solving, and spatial reasoning. Can be beneficial for individuals with autism or ADHD who enjoy building and designing.



Benefits

Offers a wide range of experiences, from building to role-playing. Can be helpful for developing social skills, imagination, and creativity.



Benefits

Fosters storytelling, imagination, and collaborative problem-solving. Can be particularly beneficial for individuals who enjoy role-playing and storytelling.



Benefits

Encourages teamwork, coordination, and strategic thinking. Can be helpful for improving social skills and hand-eye coordination.



Benefits

Promotes social deduction, communication, and teamwork. Can be beneficial for developing social skills and understanding group dynamics.



Benefits

Offers a relaxing and calming environment. Can be helpful for individuals with anxiety or stress, as it provides a sense of control and accomplishment.



Benefits

Encourages competition, sportsmanship, and hand-eye coordination. Can be helpful for individuals who enjoy fast-paced games and competition.



Benefits

Promotes teamwork, cooperation, and overcoming challenges. Can be helpful for building resilience and a positive attitude towards failure.



Benefits

Encourages teamwork, communication, and strategic thinking. Can be helpful for individuals who enjoy cooperative gameplay and challenging objectives.

Remember, the benefits of each game can vary depending on the individual's goals and preferences. It's important to discuss your specific needs with the therapy team to determine the most suitable game for you.



Minds Support Network's Collaborative Approach

Minds Support Network UK values collaboration with existing allied health professionals, mental health professionals, social workers, and a participant's support network such as close family. This collaborative approach ensures a comprehensive and holistic approach to care, providing the best possible support for participants.

Here's how Minds Support Network UK works with these professionals:

- **Information Sharing:** Minds Support Network UK maintains open communication with existing professionals, sharing relevant information and updates about the participant's progress.
- **Collaborative Goal Setting:** Together with professionals, Minds Support Network UK can develop a shared plan of care, setting goals that align with the participant's overall well-being.
- **Complementary Services:** Minds Support Network UK's services can complement existing therapies or interventions, providing additional support and resources.
- **Regular Communication:** Minds Support Network UK regularly communicates with professionals to ensure that the participant's care is coordinated and effective.

By working collaboratively with other professionals, Minds Support Network UK can provide a more comprehensive and effective approach to supporting participants.



Accessing Minds Support Network UK Services

Minds Support Network UK offers flexible payment options to make their services accessible to a wide range of individuals. Here's how you can access their services:

1. Education, Health, and Care Plan (EHCP) Funding:

- If you have an EHCP, you can discuss your needs with your EHCP coordinator or SENCO.
- Request that Minds Support Network UK's services be included in your EHCP plan.
- Provide Minds Support Network UK with your EHCP documentation and funding details.

2. Special Educational Needs (SEN) Funding:

- If you receive SEN funding from your local authority, you can inquire about using this funding to access Minds Support Network UK's services.
- Contact Minds Support Network UK for more information and guidance on the application process.

3. Private Payment:

- If you don't have EHCP or SEN funding, you can pay for Minds Support Network UK's services privately.
- Contact them directly to discuss pricing and payment options.

4. SEN Education Bodies (Schools, Colleges, Organizations):

- If you attend an SEN school or organization, you can inquire about including Minds Support Network UK's services as part of your educational requirements.
- Contact Minds Support Network UK for more information and guidance on the application process.

5. DLA (Disability Living Allowance):

- You may be eligible for a regular payment from the UK Government if you meet certain criteria regarding your disability. This can be used to access supportive and counselling services.
- Contact your local council or visit gov.uk to see if you are eligible

For more information or to get started, please contact Minds Support Network UK at:

Email: uk@minds.care

Phone number: 07441 915856



Getting Started with Minds Support Network UK

To get started with Minds Support Network UK, follow these simple steps:

1. **Contact Us:** Reach out to Minds Support Network UK using the following information:

- Email: uk@minds.care
- Phone number: 07441 915856

2. **Discuss Your Needs:** Share your specific needs, goals, and preferences with the Minds Support Network UK team. They will be happy to answer any questions you may have and provide guidance.

3. **Choose a Service:** Based on your needs and preferences, select the appropriate service, such as counselling, supportive gaming, play-dates, or group therapy.

4. **Complete Registration:** Provide the necessary information for registration, including your contact details, preferences, and funding information (if applicable).

5. **Schedule Sessions:** Once your registration is complete, you can schedule your initial session with a therapist or support worker.

6. **Start Your Journey:** Look forward to your first session and the positive impact it can have on your well-being and development.

Minds Support Network UK is committed to providing a supportive and inclusive environment for all participants. They are dedicated to helping you achieve your goals and improve your quality of life.