

## Therapeutic Education in Action – Reintegrate

‘J’ came to us three months ago after increasingly poor behaviour in school had reached potential future-threatening levels. With slipping school-work and increasingly frequent detentions, ‘J’s parents became understandably concerned and sought our help.

After meeting with ‘J’ for the first time, it was clear that he was a very bright, very capable young man ... but very scared also ... and so we got right to work.

We worked together once, sometimes twice a week, and spent a great deal of time in close proximity with each other, developing a new skill which he showed a great deal of interest in; kickboxing. The pad-work and drills required to develop this new skill demanded attention, patience and persistence – a troublesome-triple-threat that ‘J’ had previous showed a great deal of difficulty demonstrating!

So, over three months’ worth of sessions we worked, we sweat, we laughed, we talked, and we bonded. ‘J’ got to blow off some steam each time we met, which was great for his mood – but he also got to master and take ownership over something he truly enjoyed and be celebrated for it, which was even better!

Throughout our sessions we talked about behaviour. We talked about school. We talked about all the skills and discipline he had needed to show and practice in order to get to the point he is at today, and we talked about strategies he could use to apply these attitudes in all kinds of areas outside of our sessions ... school and home being the most important!

We now see each other once every few weeks (when ‘J’ needs to blow off a little steam or have a refresher on his strategies), but reports from home and school show that ‘J’ is on the up-and-up(Grade!)