

Below is the story of The Chapters and, an explanation of our logo (hand-drawn by Di!)



The Chapters Therapy Services began in 2013 when Di left the NSPCC after 23 years of service to begin delivering therapy services to children as an independent therapist. The evolution, however, began many decades earlier in a childhood rich with opportunities to become immersed in imaginary play, and creative arts. Toys were often hand-made, and stories were often self-authored. Who could have guessed that these experiences would go on to shape therapeutic materials, training resources, and much-loved story-telling strategies that are now being delivered in so many homes, schools and residential settings?

The Logo has evolved as the services have developed. The open book reflects the value of storytelling and also the significance of a single page, or single chapter, in providing support and healing. The 2 characters symbolise collaboration and playful attunement. The sunshine represents the vitality of illumination and warmth within relationships. The footsteps highlight the dynamic nature of development and therapy and the direction given. The pencils signify the importance of expression and communication, and the wave pattern on the clothing symbolises the rise, crest and fall of our emotional world.

Each therapeutic process, or chapter, is unique yet follows distinct patterns. A beginning – the courageous act of reaching out for help, a middle – the space to experiment with resources and strategies, often feeling as though the challenges increase for a while; and an end – the momentum of change that comes from security, nourishment, and self-reflection, aided by a therapeutic toolkit of stories and life skills.

As services developed, The Chapters recognised that some children are best helped within a group or family environment, and resources were devised to provide programmes for class therapy and therapeutic parenting. These tried and tested strategies and activities have become the stories available on the website.

We are never too old for story-telling, and each story written, told, or listened to, is an opportunity for creative expression, the development of compassion, and a chance to fashion a more positive ending to an often recurring problem.