

The Mollitiam Project:

Non-talking Therapy for Bereaved Young People



mollitiam (Latin) noun
1. resilience

Just like adults, young people who have lost someone important may

find themselves struggling with a powerful range of emotions. Sometimes they can find it difficult to express their grief in words. They might find the idea of 1-1 counselling too daunting and would prefer to use other non-talking means.

Our Non-talking Therapy programme offers 8 weeks of group therapy for young people (11-17yrs) who have been significantly affected by the traumatic bereavement at any time in the past.

The Therapy is available free of charge to young people who are registered with a GP practice in Derby city or the southern Derbyshire area, or have used Treetops Hospice services.

The Therapy includes a programme of 8 weekly sessions, held at Treetops Hospice on a Tuesday between 5.30pm and 7.30pm. Groups will be made up of between 6-12 young people and include:

- Expressive activities such as animal therapy, drumming therapy, art therapy, yoga therapy and complementary therapy
- Educational activities on understanding grief and managing feelings better
- The creation of a personal journal to record the highlights of the programme

How to make a referral: Referrals can be made by parents or carers, GPs or other professionals, or self-referrals by young people aged 13yrs+.

For more information, contact the Counselling and Emotional Support Service on 0115 949 6944 CESadmin@treetopshospice.org.uk



Dates 2023-24

Course 1: 26 September – 21 November 2023

- Tuesday 26 September: The Journey Begins – ‘Acknowledging’
- Tuesday 3 October: What’s Happening to Me? – ‘Changes’
- Tuesday 10 October: Equine Therapy – ‘My Resources’ (in Etwall)
- Tuesday 17 October: Art Therapy – ‘Remembering’
- Tuesday 24 October: Reshaping Relationships – ‘Continuing Bonds’
- Tuesday 7 November: Drumming Therapy – ‘Releasing our Emotions’
- Tuesday 14 November: Yoga and Complementary Therapy – ‘Self-care’
- Tuesday 21 November: Wrapping it All Up – ‘Endings’

Course 2: 30 January – 26 March 2024

- Tuesday 30 January: The Journey Begins – ‘Acknowledging’
- Tuesday 6 February: What’s Happening to Me? – ‘Changes’
- Tuesday 13 February: Equine Therapy – ‘My Resources’ (in Etwall)
- Tuesday 27 February: Art Therapy – ‘Remembering’
- Tuesday 5 March: Reshaping Relationships – ‘Continuing Bonds’
- Tuesday 12 March: Drumming Therapy – ‘Releasing our Emotions’
- Tuesday 19 March: Yoga and Complementary Therapy – ‘Self-care’
- Tuesday 26 March: Wrapping it all up – ‘Endings’

Course 3: 30 April – 25 June 2024

- Tuesday 30 April: The Journey Begins – ‘Acknowledging’
- Tuesday 7 May: What’s Happening to Me? - ‘Changes’
- Tuesday 14 May: Equine Therapy – ‘My Resources’ (in Etwall)
- Tuesday 21 May: Art Therapy – ‘Remembering’
- Tuesday 4 June: Reshaping Relationships – ‘Continuing Bonds’
- Tuesday 11 June: Drumming Therapy – ‘Releasing our Emotions’
- Tuesday 18 June: Yoga and Complementary Therapy – ‘Self-care’
- Tuesday 25 June: Wrapping it all up – ‘Endings’