

Initial consultations are exploratory and obligation-free.

A systemic, trauma-informed approach to
Child & Family support

Let's start with a conversation.

Book a complimentary consultation to explore
how we can support your families, care teams,
and key adults through every stage of the
process.



To find out more about our assessment and intervention
packages and costs, please get in touch.

Contact details: enquiries@mindin2action.net



Mind In2 Action Ltd

★ Award Winning Services ★

Testimonials:

"Bev is a highly skilled and experienced OT specialising in sensory integration and sensory attachment intervention. She's innovative and person-centred, and importantly, warm, open minded and a real team player. She has worked with a whole range of individuals affected by trauma which feeds naturally into the creation of this new way of working."

-Julie Smith: Case Management Cymru

"Kelly strongly supports positive mental health and well-being for all service users. She advocates for mental health in an inclusive and compassionate manner, demonstrating her dedication and passion in this area. Through her expertise and commitment, Kelly helps individuals in need by providing strategies and skills to prevent their challenges from worsening."

-Linzi Truman: Victim and Family Services
Manager Phoenix Domestic
Abuse Services



*Empowering Minds,
Transforming Lives*

**A systemic, trauma-
informed approach to child
& family support.**

About Us



Bev Williams MSc (right): Clinical Specialist and Consultant Occupational Therapist & Holistic Therapist.

Kelly Lewis BSc (left): Rehabilitation & Integrative Therapies Practitioner & Motivational Interviewer.

We specialise in sensory and trauma informed assessments and interventions, combining our skills to provide a unique blend of systemic family support & holistic wellbeing.

*Behind all our services is a self-developed, evidence-informed framework:
The V.I.T.A. Life Model*



VALUE INVEST TRANSFORM ACCOMPLISH

This model guides how we assess, and support individuals, families and care systems - ensuring alignment, clarity and shared understanding at every level.

Standing For:

V - Value

Embracing self-worth, identity and purpose, whilst moving through developmental trauma.

I - Invest

Developing insight, skills and commitment to growth - for clients, families and care teams alike.

T - Transform

Supporting meaningful change in regulation, relationships and future possibilities.

A - Accomplish

Working towards realistic, client-centred goals and a life that feels purposeful and achievable.

We meet people where they are - then work systemically to help everyone move forward together.

Our Family Support Services

We work alongside social workers, childcare services and CAMHS to support children and young people who have experienced developmental trauma. Our Occupational Therapy - led approach is systemic, trauma-informed and grounded in the VITA Life Model, ensuring consistency, empathy and resilience across the whole support network.

- **Children & Young People:** Specialist sensory attachment assessments provide an in-depth understanding of the child within their relationships and environment. Tailored intervention supports sensory and emotional regulation, felt safety, participation and enjoyment of everyday life
- **Families & Carers: Systemic Support:** We work with parents, foster carers and key adults to understand sensory needs, stress responses and the meaning beneath behaviour. Practical coaching strengthens co-regulation, connection, confidence and family resilience.
- **Schools, Residential Teams & Professionals: Collaborative Support:** We provide child-specific consultation, coaching and training for schools, children's homes and professional networks. We also help teams create nurturing indoor and outdoor environments that support regulation, reduce distress and build trust.