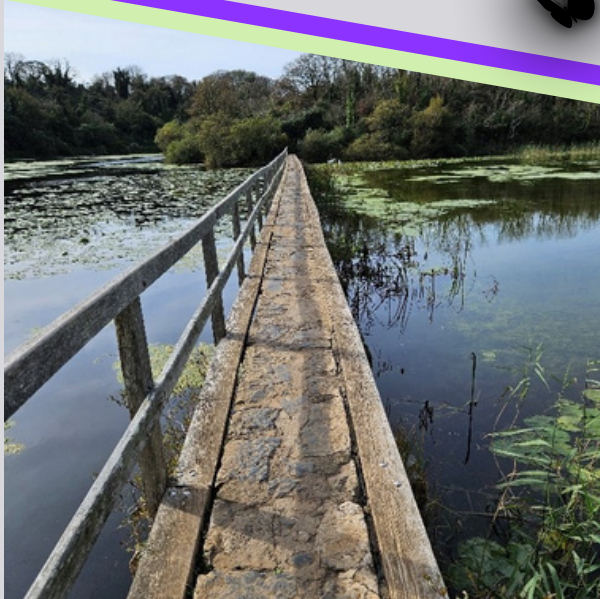


Initial consultations are exploratory and obligation-free.

Let's start with a conversation. Book a complimentary consultation to explore how we can support your client, their family and care team through every stage of rehabilitation.



To find out more about our bespoke 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 catastrophic injury rehabilitation.

About Us



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

Kelly Lewis BSc (left): Rehabilitation & Psychological Approaches Practitioner & Motivational Interviewer.

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

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



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 self-care following injury or 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 Litigation - Supported Services

We work alongside solicitors, case managers and care teams to support individuals who have experienced catastrophic injury. Our Occupational Therapy - led approach is systemic, trauma-informed and grounded in the VITA Live Model, ensuring consistency, empathy and resilience across the whole rehabilitation system.

- **Individuals:** Occupational Therapy - led assessment and intervention as part of the rehabilitation process for clients with catastrophic injuries. Our work supports regulation, resilience and self-discovery, enabling clients to reconnect with meaning, identity and possibility following life-changing injury.
- **Families:** Using a systemic approach, we work with clients and their parents, carers or partners to understand shared sensory profiles, stress responses and relational patterns. By providing practical, accessible tools, we reduce the risk of blocked care, strengthen understanding, and build sustainable family resilience.
- **Support & Care Teams:** Short-term coaching and reflective packages that empower carers and support staff to understand their own sensory systems and self-regulation needs. This enables care teams to deliver consistent, trauma-informed care with greater empathy, confidence and emotional sustainability.