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Synapse

Behavioural Health Coaching

Guide for Clinical Psychologists

Supporting Functional Progress Alongside Psychological Work

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Where Synapse Fits

These situations typically fall into one of two referral scenarios:

Adjunct to Psychological Work

Practical support outside the therapy hour to establish routines, reduce avoidance and improve follow-through, so psychological gains translate into daily functioning. Psychological work retains clinical primacy; coaching protects therapy time for formulation-led work.

Standalone or Post-Discharge Support

A proportionate, time-limited intervention where psychological input is complete or not indicated, including young people discharged but still struggling, those below the re-referral threshold, and aftercare following addiction treatment.

Typical Outcomes

- Improved daily functioning: routines, structure and follow-through
- Psychological insights consolidating into consistent behavioural patterns
- More consistent follow-through on goals agreed in clinical sessions
- Greater capacity to implement coping strategies independently
- Smoother transitions: school, university, post-discharge

Scope and Boundaries

Synapse is present-focused and goal-directed, focused on coping capacity and daily functioning, and delivered within a clinically supervised framework that complements, not duplicates, psychological work.

It is not suitable for crisis presentations or complex psychiatric needs requiring active management. Young people who are physically dependent on alcohol or drugs are referred to specialist services first.

Synapse does not provide psychological formulation or interpretation, trauma processing, clinical diagnosis, medication management or crisis intervention.

How Coaching Works



Referral or signpost from a clinician or family, followed by clinical triage and suitability assessment.



Coach matching. The young person meets their Coach and decides whether to go ahead.



Weekly one-to-one coaching held online or in person, typically 10 to 12 sessions.



Mid-point review and final clinical evaluation.



Synapse manages triage, onboarding, care coordination and communication with families and referring professionals throughout.

Clinical Governance

- Coaches trained on the Synapse Foundation in Behavioural Health Coaching for Adolescents and Young Adults, certified by The CPD Certification Service
- Supervision by registered Clinical Psychologist, and Behavioural Health Analyst
- Clinical assessment confirms suitability prior to onboarding
- Defined safeguarding and escalation pathways
- Regular communication with the referring clinician throughout the programme, with prompt notification if clinical concerns arise or escalation becomes indicated
- Clear referral back to psychological services where clinically indicated

Fees

Clinical assessment and final clinical evaluation: £350
Online coaching session (50 minutes): £95
In-person coaching session (90 minutes): £190

A full programme of 10 to 12 sessions costs £1,300 to £1,490 online or £2,250 to £2,630 in person.

Referral

Use our referral form, signpost the family directly, or contact Synapse on their behalf with appropriate consent.

Synapse manages all triage, clinical assessment, onboarding, care management and communication with family and professionals.



To refer, please contact:
Mollie Royds, Head of Client Experience and Care Management
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To discuss a case, please contact:
Thomas Watt-Pringle, Assistant Clinical Psychologist and Clinical Lead
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A relatable Coach builds the relationship.
The relationship creates engagement.
Engagement makes implementation possible.
Implementation creates change that lasts.