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Synapse

Behavioural Health Coaching

Guide for Psychotherapists

Supporting Therapeutic Progress Beyond Sessions

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Structured Support That Reinforces Therapy

Many young people make meaningful progress in therapy yet struggle to translate insight into consistent behavioural change. Routines remain fragile. Follow-through falters. Executive function limits implementation.

Synapse provides clinically supervised Behavioural Health Coaching for young people aged 11 to 25 experiencing the behavioural and emotional impact of mental health difficulties, who are not yet in crisis and do not need immediate clinical intervention. The focus is behavioural implementation: stabilising coping, strengthening routines and improving follow-through, so therapeutic gains consolidate in daily life.

When Synapse is Clinically Helpful

Synapse is helpful when:

- Insight is present but behavioural implementation is inconsistent
- Executive function difficulties are limiting follow-through
- Structured accountability would consolidate therapeutic gains
- Transitions (school, university, discharge) require additional scaffolding
- Therapy is not clinically indicated at this stage, but functional difficulties persist
- A young person has disengaged from therapy yet remains open to structured, action-focused support

Where Synapse Fits

These situations typically fall into one of two referral scenarios:

Adjunct to Therapy

Practical support outside the consulting room to strengthen routines, reduce avoidance, improve follow-through and embed coping strategies in daily life. Therapy retains clinical primacy; the aim is consolidation, not interpretation.

Standalone or Sub-Threshold Support

A proportionate, time-limited intervention for young people who are functionally struggling but below thresholds for specialist intervention, focused on restoring day-to-day functioning within a clinically supervised model. It also includes aftercare following addiction treatment.

Typical Outcomes

- Young people leave coaching with steadier routines, stronger follow-through, and greater capacity to manage daily demands independently.
- For those in concurrent therapy, between-session implementation improves and therapeutic gains translate more consistently into everyday life.
- For those stepping down from therapy, the skills and structure developed in coaching support independent functioning once formal support has ended.

Scope and Boundaries

Synapse is present-focused and goal-directed, focused on coping capacity and daily functioning, and delivered within a clinically supervised framework. Therapy retains clinical primacy where indicated. Synapse is not suitable for crisis presentations, active psychosis, 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 trauma processing, clinical diagnosis or formulation, medication management or crisis intervention.

How Coaching Works



Following referral or family enquiry, clinical assessment establishes suitability. The young person is matched with a relatable Coach and decides whether to proceed after meeting them.



Synapse practises relational delivery: the relationship with the Coach is part of the intervention, not simply the means of delivering it, and the young person keeps the same Coach throughout.



Programmes typically comprise 10 to 12 sessions, online or in person, with a mid-point review and final clinical evaluation.



Progress is measured against agreed functional goals (Goal Attainment Scaling) and wellbeing (WEMWBS) at baseline and close.



Synapse coordinates care 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.
- Clinical supervision is provided by Dr Harriet Mellotte, Chartered Clinical Psychologist, with Professor Sandeep Ranote FRCPsych as Senior Clinical Advisor.
- Clinical assessment before onboarding, signed off by a Clinical Psychologist.
- Weekly case review.
- DBS checked Coaches.
- Defined safeguarding and escalation pathways with onward referral where risk increases.

Fees

Privately funded programmes comprise 10 to 12 sessions: £1,300 to £1,490 online or £2,250 to £2,630 in person.
Fees include assessment, care management, clinical supervision, reviews and final evaluation.
Sessions last 50 minutes online or 90 minutes in person (Coach travels to young person).

Referral

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

We coordinate onboarding and liaison with families and referring professionals.

For family enquiries, please contact:
Mollie Royds, Head of Client Experience and Care Management
mollie@synapsehealth.co.uk | 0204 592 1268

For clinical suitability queries, please contact:
Thomas Watt-Pringle, Assistant Clinical Psychologist and Clinical Lead
thomas@synapsehealth.co.uk | 0204 592 1268

A relatable Coach builds the relationship.
The relationship creates engagement.
Engagement makes implementation possible.
Implementation creates change that lasts.