



Boxing Therapy Groups

Boxing Therapy is a unique therapeutic model, specifically designed to break down the barriers young people can often face when accessing more traditional therapy. Based on the core evidence-based principles of Acceptance and Commitment Therapy (ACT), our team of experienced therapists work in a structured and solution-focused manner, with the primary goal of supporting young people to engage with accessible and empowering therapeutic input.

In partnership with CCS, Boxing Therapy groups will be delivered across 12 weekly sessions, with the key aim of supporting each young person exactly where they're at. As such, boxing coaching techniques will be interwoven seamlessly throughout and, whilst young people need no previous boxing experience, this method of delivery has proven invaluable in allowing participants to identify, accept and process their emotions whilst engaging in meaningful activity.

Each weekly session will follow a similar structure, always starting with a warm-up and introduction to the weekly theme. Attendees will then be guided through some fun engagement games and boxing techniques. All sessions will end with some mindful grounding and a cool down.

