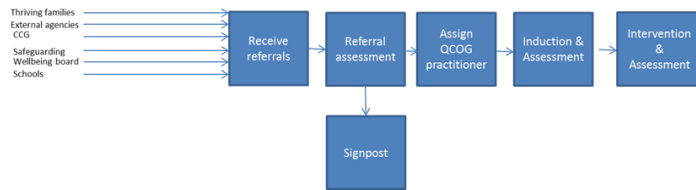
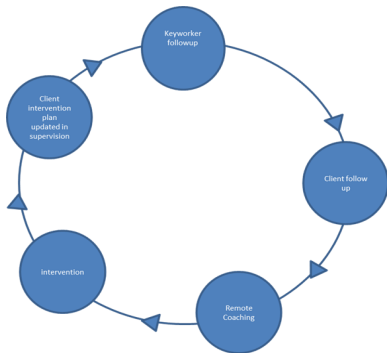


## Guiding clients to success with QCOG Solutions

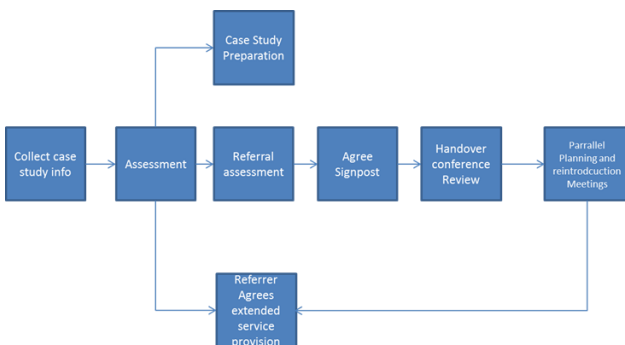
In the first phase clients who are referred to QCOG are required to go through a comprehensive induction and assessment.



The second phase is a cycle of managing the clients progress through interventions and coaching.



The third phase sees the continuance of the assessment process and /or signposting where appropriate.



## Current Target Client

Rehabilitation/exclusion), NEET Children, inclusion, Families and children involved in crime, Experiencing family homelessness/ self induced homelessness, Drugs-substances misuse, unemployment

Interventions to facilitate a reduction in the level of provision ( Section 20, Section 31 - Full care order, Gang affiliates, not accessing traditional mental health services, Returning Out of county placements to in house provision, Stabilising placements (foster/ residential)

## From Surviving to thriving



"I feel like a butterfly.. " client 2014 after Q-COG helped him deal with long standing anger issues.

**Q-COG Improving lives**  
**Enabling better futures**  
**through behavioural change**

Q-COG Information  
**3 Day 3 month**

**Q-COG**  
**Voluntary**  
**Organisation**

Tel: 07984154043  
E-mail: qcog@live.co.uk

## Q-COG

QCOG Solution practitioners apply a holistic , systemic framework. Evaluating personal circumstances across many domains of their life. The evaluation is then followed by a process of self-acceptance and interventions to modify patterned behaviours. We “walk closely”with the client throughout this journey of transformation, encouraging the client to manage themselves throughout via journals and following up with the clients post intervention to ensure that new behaviours remain.

### Case Studies

#### A clients QCOG journey

Clive <sup>\*1</sup> was a 24 year old, homeless, young man placed in a hostel as a result of his anger and violent behaviour. His relationships were broken with his ex-partner, siblings, parents, child the community and in his placement. Clive was being threatened with eviction because of his difficulties regulating his emotional outburst.

QCOG Solutions worked with Clive to help him to develop alternative ways to manage his anger and relationships.

Clive felt disempowered to effect his change and take control of his life however after working with QCOG Solutions over 9 months he secure employment and his own tenancy and regained access to his son. He was able to manage in extreme adversity and foster good relations around him.

He said..“I am now able to control situations and my actions towards others and more able to see things on a wider spectrum” .

<sup>\*1</sup> names have been changed to protect confidentiality

## Services Available

Q-COG solutions provide a number of skill based Packages

**Emotion and Conflict Behaviour Coaching** helps clients to manage their emotions and behaviour including Anger, Domestic violence etc through increasing the clients Emotional intelligence and Conflict Intelligence.

**Substance Misuse Package:** helps the client to manage the emotional drivers around their substance misuse. It also helps the client to understand the link between their body, mind , history and behaviour so that they can make better choices. If needed this can also include medical intervention.

**Leaving Care skills Package** is based on the Leaving Care assessment and includes management and coaching through transition.

Solutions are delivered through 1-1 and group workshops dependent on client group needs.

*Other services such as Mathematical intelligence and tailored products are available on request.*

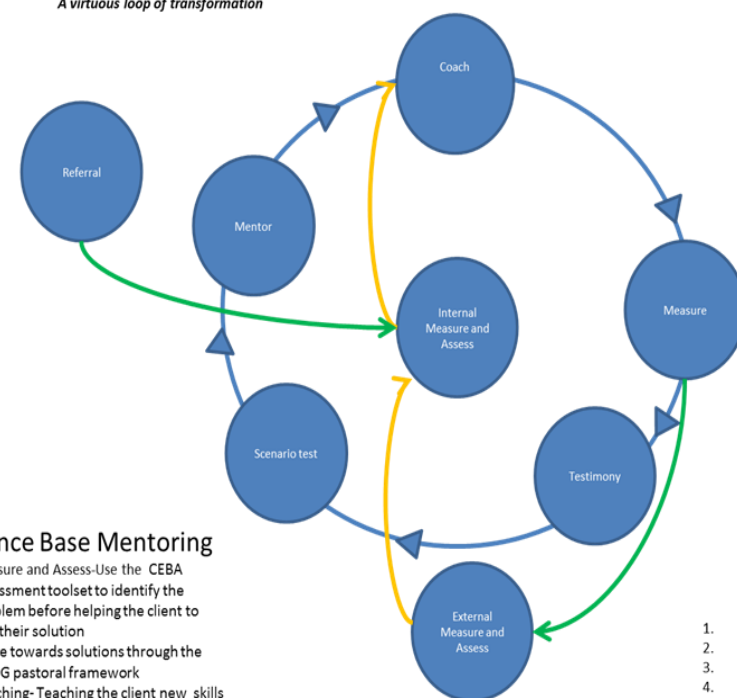
### Q-COG Coaching System

We start with the client, evaluating personal circumstances and a wide range of issues (drugs, alcohol,aggression, anger violence, relationship-breakdown etc) across many domains of their life. Evaluation is then followed by a process of self-

acceptance and interventions to modify ingrained behaviours; “walking closely”with the client throughout this journey of transformation & encouraging the client to manage themselves throughout via journals and following up with the clients post intervention to ensure that the new behaviours have prevailed.

### Q-COG Coaching System

*A virtuous loop of transformation*



## How to make a referral to Q-COG

E-mail: [qcog@live.co.uk](mailto:qcog@live.co.uk)