

## Who are we

Aspire is a specialist psychological health provider located in Grand Cayman, Cayman Islands. We offer psychological assessment, therapeutic intervention, mental health and trauma-informed services to the communities of Cayman. Our focus is on working with children and adults who have complex additional needs due to trauma, disability, being 'looked after' children or care leavers and/or other differences. All of our experienced clinicians have specialist skills in evidence-based approaches.



**Dr Catherine Day**  
Consultant Clinical Psychologist  
Clinical Lead in Disability /  
Additional Needs



**Dr Erica Lam**  
Consultant Clinical Psychologist  
Clinical Lead in Trauma and  
Attachment

## Clinical Services



Transforming minds, healing hearts

**Aspire Therapeutic Services Ltd.**

Unit A13 Crown Square Plaza  
Eastern Avenue  
George Town  
PO Box 724, KY1-9006

Phone: (345) 743-6700

Email: [info@aspire.ky](mailto:info@aspire.ky)

Web: [www.aspire.ky](http://www.aspire.ky)

## Aspire Therapeutic services

Aspire is a specialist psychological health provider located in Grand Cayman, Cayman Islands. We offer psychological assessment, therapeutic intervention, mental health and trauma-informed services to the communities of Cayman. Our focus is on working with children and adults who have complex additional needs due to trauma, disability, being 'looked after' children or care leavers and/or other differences. All of our experienced clinicians have specialist skills in evidence-based approaches.



Aspire aims to support a population of children, adults and families who are often overlooked and under-resourced. We aim to promote understanding, provide advocacy, and enhance emotional well-being through preventative measures and community education. We understand the complex social, psychological, behavioural, and mental health needs of our clients, as well as the need for a collaborative approach from clinicians with specialist skills, expertise and competency.



If you have further questions please do not hesitate to call or discuss with your clinician throughout the process.

## Complex trauma

Complex trauma describes exposure to multiple traumatic events and the wide-ranging, long-term effects of this exposure. These events are severe and pervasive, such as abuse or profound neglect. They usually occur early in life and can disrupt many aspects of the child's development and the formation of a sense of self. Since these events often occur with a caregiver, they interfere with the child's ability to form a secure attachment. Many aspects of a child's healthy physical and mental development rely on this primary source of safety and stability.

**Trauma Informed Care (TIC)** is grounded in a thorough understanding of the neurological, biological, psychological, and social effects of trauma. It provides a framework for care and services, which considers a person's whole environment and how their symptoms and presentations may be seen as adaptations to trauma rather than as dysfunctional.

**Trauma-Specific Interventions (TSI)** are designed to treat and improve the actual symptoms and presentations of trauma. Trauma specific treatments are evidence-based and use best-practice treatment models that have been proven to facilitate recovery.

## What is trauma?

A traumatic event is a frightening, dangerous, or violent event that poses a threat to life or bodily integrity. Witnessing a traumatic event that threatens life or physical security of a loved one can also be traumatic.



### Traumatic stress

Traumatic experiences can initiate strong emotions and physical reactions that can persist long after the event. These may include:

- intrusive thoughts, memories, images, nightmares or flashbacks
- intense or prolonged emotional distress, persistent negative beliefs and emotions
- physiological arousal (increased heart rate, breathing, stomach upsets, poor sleep, poor concentration, exaggerated startle response, hypervigilance)
- avoidance of reminders (people, places and things)
- difficulty recalling the event(s) clearly
- feeling numb, 'zoned out', detached

## Clinical Services



Aspire specialises in all areas of mental health, particularly working with trauma and/or clients with additional needs such as intellectual or physical disability, autism spectrum conditions, or being a 'looked after' foster child or care leaver.

We offer highly specialised:

- Assessment
- Therapeutic intervention
- Care Coordination
- Person Centred Planning
- Training and consultation

For further information see our leaflets on each of the above services.

---

*The question is not "What's wrong with you?" but  
"What happened to you?"*

---

## SPECIALISED INTERVENTIONS

People who have experienced trauma and people with additional needs are more likely to have difficulties with their mental health. We offer a range of specialised trauma-informed and trauma-specific therapeutic interventions and interventions designed or adapted for those with additional needs to support recovery of emotional wellbeing:

- Advanced Integrative Therapy (AIT)
- Care Coordination
- Cognitive Behavioural Therapy (CBT)
- CBT adapted for people with intellectual disabilities and/or autism
- Dialectic Behavioural Therapy (DBT)
- Educational / Vocational Transition Planning
- Eye Movement Desensitization Reprocessing (EMDR)
- Intensive Interaction (for non-verbal clients)
- Keep Safe Harmful Sexual Behaviour programme
- Person Centred Planning
- Psychotherapy
- Sexuality & Relationship Education (SRE) for people with intellectual disabilities and/or autism
- Theraplay– attachment based therapy
- Trauma Focused-Cognitive Behavioural Therapy

## What are Additional needs?

All of us have additional needs at some point in our life due to physical, emotional, cognitive or communication difficulties. Some people have life-long additional needs due to a developmental condition, disability or sensory impairment. Others have temporary additional needs.

We specialise in working with individuals with additional needs of all kinds. Our clinicians have expertise in working with children, young people and adults with trauma; mental health problems; neurodevelopmental disorders (e.g. autism spectrum conditions); intellectual disability and/or genetic syndromes; mobility and sensory disorders; communication disorders; and multiple, complex and profound disability. We also have expertise in working with young people growing up in foster care, or leaving the care system.

