

# About Sofia Rentzi

With over 25 years of experience supporting children and families across Child and Adolescent Mental Health Services, Social Work, and community settings, I bring a compassionate, collaborative, and practical approach to helping families navigate periods of transition and crisis. My work has addressed a wide range of challenges, including parent-child relationship difficulties, parental crisis, divorce and separation, disability, school attendance issues, bereavement, and family breakdown.

I specialize in helping parents deepen their understanding of child and adolescent development, particularly during times of stress—and strengthen their ability to mentalise, connect with, and respond effectively to their children. Through a collaborative, coaching-informed approach, I support parents to prioritise concerns, set achievable goals, and make meaningful changes in family life. This includes setting age-appropriate boundaries, managing screen time, de-escalating aggressive behaviours, responding to mental health concerns, and supporting peer relationships. I also help parents navigate communication with schools and professionals, particularly when concerns arise around school attendance, behaviour, or neurodivergence.

My work is grounded in the belief that early intervention, strong parent-child relationships, and parental wellbeing are key to building family resilience. I see parents as powerful agents of change and work alongside them to build confidence, strengthen relationships, and develop supportive networks that promote long-term wellbeing.

For the past six years, I have led a Specialist Family Support Team within an Inner London Children's Social Care service. My team delivers bespoke parenting interventions to families in acute crisis, working closely with clinical psychologists, social workers, schools, and health professionals to provide holistic, joined-up support.

Previously, I managed a Child Protection Team for five years, overseeing statutory assessments and interventions, including court work in both public care and private family proceedings. I also spent over a decade as a CAMHS Social Worker, contributing to neurodevelopmental assessments and delivering therapeutic interventions within a multidisciplinary team.

I am a registered Social Worker with Social Work England, hold an ILM Level 5 Diploma in Coaching and Mentoring, and am trained in the Motivational Practice Social Work Model. I have completed pre-clinical training in Child Psychotherapy with the Tavistock and Portman NHS Trust and the University of East London. In recent years, I have also completed Level 1 Non-Violent Resistance Parenting Training and Mentalisation-Based Treatment for Families training through the Anna Freud Centre.

