

# The Four Stages of Child-Centred Play Therapy (CCPT)

Child-Centred Play Therapy helps children work through feelings, develop self-confidence, and find emotional balance. It follows a natural process of healing and growth, moving through four key stages.

Here's what to expect:

## Warm-Up Stage: Feeling Safe and Connected



- Your child and I build a trusting relationship.
- Your child explores the playroom, learns the boundaries, and starts to feel secure in this space.
- This stage lays the foundation for deeper emotional work.

## Expressive Play Stage: The work starts



- Your child may use play to work through what they find tricky and express their feelings.
- I will ensure your child feels safe as they release these strong feelings.

## Nurturing Stage: Seeking Comfort and Care



- Once those big emotions are addressed, your child may show younger or more nurturing behaviours.
- Their play might focus on themes like protection and attachment.

## Mastery Stage: Growing Confidence and Balance



- Your child shows signs of emotional growth with steady play.
- They may appear more confident, capable, and self-assured.
- This stage reflects emotional stability and readiness to move forward as therapy begins to wind down.

**Each child moves through these stages at their own pace and can sometimes return to stages as needed.**

