**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:

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| Warm-Up Stage: Feeling Safe and Connected | |
| A person and a child sitting on the floor  Description automatically generated | * 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 | |
| A child looking at a person in a crown  Description automatically generated | * 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. | |