

WHAT IS PLAY THERAPY?

What is Play Therapy?

Traditional talking therapies may not work for children because often, they do not have the words to explain their emotions. Through play, however, children can explore their feelings, deal with difficult experiences and learn to manage problems in real life.



How can Play Therapy help my child?

Play is essential for a child's overall development, including social, emotional, and cognitive skills. It helps children who struggle with verbal communication by making learning more concrete. Play Therapy offers emotional support, helping children understand their feelings and thoughts. Through play, they may re-enact difficult experiences, allowing them to make sense of their past and cope better with the future. Play Therapy can lead to reduced anxiety, improved self-esteem, and better behaviour or relationships with family and friends.

What will happen in my child's Play Therapy sessions?

I will offer a variety of materials, like art supplies, toys, and puppets, for your child to choose from. Your child can use these to express themselves without needing to talk.



What does a Play Therapist do?

I am trained in child development, therapeutic theory and attachment. I carefully listen to your concerns, review your child's history, and may gather information from school and other adults. I will learn all about your child's strengths and challenges and will also guide you on how to explain Play Therapy to your child and answer any questions they may have.

Will it be confidential?

I will keep the information you and your child share confidential; however, with your permission, I might share it with colleagues or professionals to help your child, for example, my supervisor. If there's a risk of harm to anyone, I must break confidentiality and inform others but will usually talk to you first. We will meet every 6-8 weeks, and I will update you on the sessions but won't share specific details of your child's play to protect their trust and feelings of safety with me.

What can you do to help?

Your trust and support is key during Play Therapy as it will encourage regular attendance and allow your child to express themselves freely, without questioning them about the sessions. Please also keep me up to date with any new behaviour or any changes at home. The therapeutic relationship between your child and I is key to helping them feel safe and understood in the session. This trust allows your child to express their thoughts and feelings, making therapy more effective. It's really important for your child to know you support the process too

