

Let's Talk About Play Therapy



What is Play Therapy?

Play Therapy is a type of therapy where children use play and art materials to express themselves.



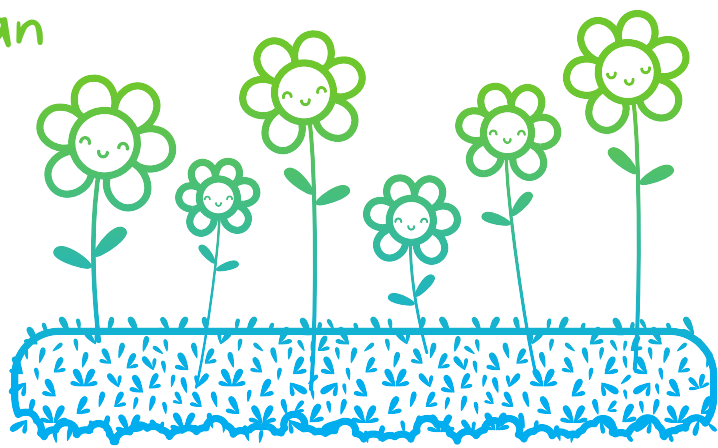
Play Therapy can help you understand what has been going on, and what different thoughts and feelings you have been experiencing

Talking about your problems can be hard and sometimes you don't have the words to describe how you are feeling, or why you are behaving the way you have been.

With play and art, you can express yourself in your own way; especially if you don't understand how you are feeling, or how to let someone else know.



Using play means that you can explore your thoughts and feelings in creative ways, without having to use words to explain.

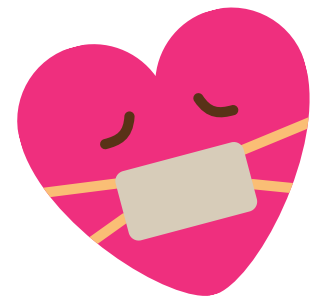




Why do I need to see a Play Therapist?

Maybe you have been feeling confused, angry or sad. Maybe you feel full of worries about what might happen, or what has happened to you before. Maybe you have some very big feelings inside you, and they are hard to understand.

Sometimes these painful thoughts and complicated feelings can get in the way of making or having fun with friends, being able to concentrate on schoolwork or sports skills, or feeling able to cope.



Sometimes these thoughts and feelings can get in the way of sleeping well, thinking clearly or feeling happy and relaxed.

Sometimes these big feelings can spill out as actions that might upset you, people around you, or get you into trouble.

Sometimes people need help from a therapist to get back to, or to reach, a place where they feel happy and healthy.



What does the Play Therapist do?



Play Therapists are trained to work with children who are going through times like these, to help you understand what has been happening on, how you are feeling, and what that means.

They use a wide range of art and play materials, so that there is no need to talk if you don't want to, and no need to be asked questions.

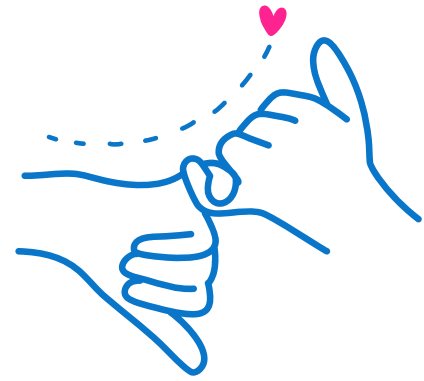


Your therapist will introduce themselves to you before you begin your sessions. So that you know who they are and when your sessions will start. Sessions are always held in the same place, at the same time each week, and for the same length of time. The sessions are your time, just for you.



Can I talk about my Play Therapy Sessions?

Play Therapy isn't a secret. You can talk about what you've been doing if you want to.



Before you begin therapy your therapist will talk to your parent(s)/carer and to your Class Teacher or School SENCO. This is so that they can learn a bit about what has been happening that has been so difficult, and what those grown-ups would hope will be made easier for you by coming to the sessions.

When you start, the therapist will explain what they will share with other grown-ups from your session. How you play and what you play is just between you and your therapist, but sometimes they will have to talk to another grown-up who looks after you if they are worried that you are not safe.



Your therapist will speak to you before they do this, to explain what they will be saying, and to who. It is very important to us that you are safe.



In the play room with the Play Therapist, you can choose what to play with, what to do and what to say. At the beginning your Play Therapist will explain that it is important that you stay safe, by not hurting yourself, the therapist or the things around you.

When do I stop Play therapy?

When you start Play therapy you will know how many sessions you will be having. Often, problems can get better when you understand your feelings and what to do with them. This might happen quickly, or it might take a long time.



If you need more time than has been planned, your play therapist will talk about this in a review. It is important to us that when you stop your sessions, that you have a planned ending.

Important Info

Name of your Play Therapist:

Registration Details:

The day that your Play Therapist is
in the school is:

Please call the school on

to book an appointment

A bit about your play therapist: