Let's Talk About Play Therapy

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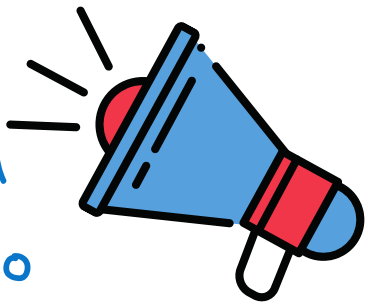
PLAY THERAPY INTERNATIONAL

What is Play Therapy?

Play Therapy is a type of therapy where play and art tools are used for you to be able to express yourself.

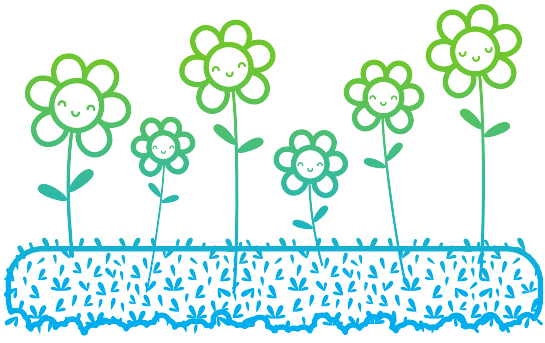
Play Therapy can help you understand what has been going on, how you are feeling, and what that means.

It helps people to express themselves in their own way; especially if you don't understand how you are feeling, or you are finding it hard to explain.



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.

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



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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, or being able to concentrate on schoolwork or sports skills.

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 do get back to, or to reach, a place where they feel happy and healthy.

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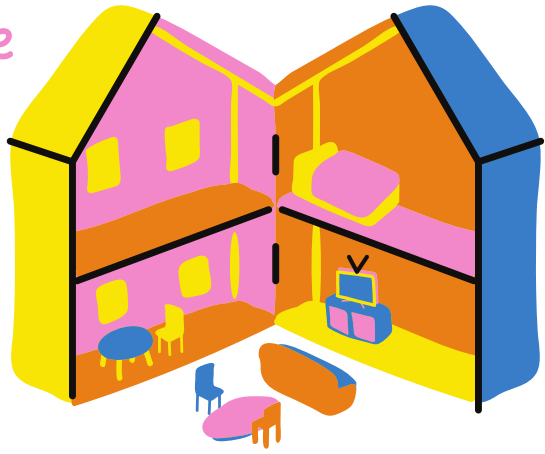
What does the Play Therapist do?

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

Your therapist will introduce themselves to you and you can begin your sessions. They are always held in the same place, at the same time each week.



What can I play with?

Therapists 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.

You get to choose what you'd like to play with and the things you like best. Your Play Therapist will help you find the toys to best sort out your feelings and worries.

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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 that you are safe.

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Are there any rules?

In the playroom with the Play Therapist, you get to choose what to play with, what to do and what to say. Play Therapy is very different from school and home.

At the beginning your Play Therapist will explain that it is important that you are safe, so the rules that they have are that you do not hurt yourself or the therapist.

When do I stop Play therapy?

You can take as long as you need to with your Play Therapist. Some 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.

After about 7 sessions your parent(s)/carer will have a chat with your therapist to see how you are getting on and to see if you still need their help.

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My Play Therapist

Here are the contact details for your Play Therapist so someone can find out for you

Name of your Play Therapist:

Contact Details:

Registration Details:

Favourtie things to play with:

My Teacher

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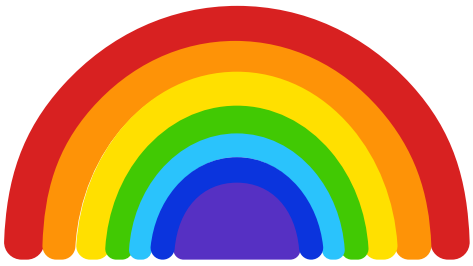

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