



Play Therapy – Information for Parents & Carers

Play Therapy uses play to help children work through confusing feelings and upsetting events.

Children use play to communicate in their own way and at their own speed, instead of having to find words to explain what is worrying them. In Non-Directive Play Therapy, the child decides what and how to play and the therapist follows.

Play Therapy gives children emotional support and helps them to understand and name their feelings and thoughts. Some children play out difficult and painful memories and the therapist helps the child make sense of the past. Some children learn how to manage feelings like anger, fear and sadness, so that they can control their behaviour better. Children also gain self esteem and social confidence by building on their strengths, which helps them to cope with difficult experiences.

Play Therapy is confidential, which means that the therapist will not talk about what the child says or does unless the child says it's OK. If the therapist is worried that a child or young person is at risk of harm, she will talk about this with the Safeguarding Lead at school. The therapist will invite you to a therapeutic review meeting, about once every half term, to talk about how things are going in therapy, at school and at home. These reviews are an important part of Play Therapy where you and the therapist can talk together to help both of you to understand your child's needs better.

Play therapy is an appropriate intervention for any child experiencing:

Anxiety	Bullying	Emotional or behavioural issues
Low confidence and self-esteem		Communication difficulties
Delayed or uneven development		Friendship difficulties
Family disruptions such as illness or divorce, trauma, bereavement or loss		
ADHD	Autism	School phobia or school refusal