



## Play Therapy - Single Session

Play Therapy helps children understand muddled feelings and upsetting events that they haven't had the chance to sort out properly. Rather than having to explain what is troubling them, as adult therapy usually expects, children use play to communicate at their own level and at their own pace, without feeling interrogated or threatened.

### How can Play Therapy help?

Play is vital to every child's social, emotional, cognitive, physical, creative and language development. It helps make learning concrete for all children and young people including those for whom verbal communication may be difficult. Play Therapy helps children in a variety of ways. Children receive emotional support and can learn to understand more about their own feelings and thoughts. Sometimes they may re-enact or play out traumatic or difficult life experiences in order to make sense of their past and cope better with their future. Children may also learn to manage relationships and conflicts in more appropriate ways. The outcomes of Play Therapy may be general e.g. a reduction in anxiety and raised self-esteem, or more specific such as a change in behaviour and improved relations with family and friends.

### Who would benefit from this intervention?

- Children with low self esteem.
- Suffered from trauma.
- Looked after children.
- Children who have trouble understanding their emotions.
- Preparing for change.
- Health problems.
- Selective mutism.

A Gemstones Therapeutic Practitioner and Play therapist will provide this.

### A session will consist of:

- Initial consultation with the commissioning person/organization to identify the specific issues to be addressed and desired outcomes. (This may be conducted over the phone or via a Skype session).

### Followed by:

- 45 - 60 minute session - dependent upon age of child and need (this may include another child perhaps chosen by the child in question).
- Transition back to class (or other environment such as home).
- Feedback to teacher plus parent or member of learning consultants, as appropriate, with ideas for how the child may be supported further in class/at home, again this may be conducted over the telephone or via Skype.
- Short report of the session including some suggestions for the teacher/parent for follow up and perhaps even an individually designed resource depending upon findings.

If more than one session is provided then up to two of these could be used to model practice for a member of school staff or parent and can include teacher input to help plan activities for other areas of the curriculum or playtime.