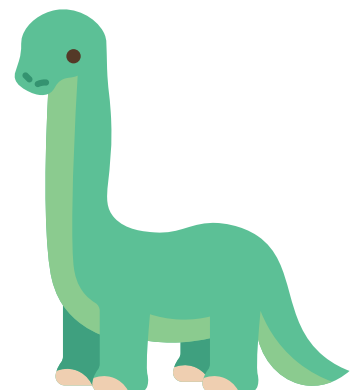
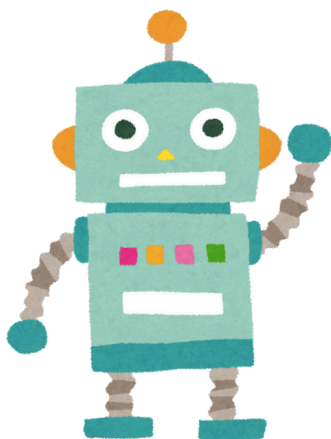


Play Therapy

When you fall over and cut or graze your knee, you often feel hurt on the outside. Everyone can see you are hurt, and it may be painful, you may even cry. The people around you will usually give you a hug and help look after you. If you are hurt badly, they may even take you to the doctor to help you get well.

When painful things happen that make you feel sad and hurt on the inside, people may not see these feelings and they can be hidden away. Sometimes it can be harder to explain the hurts that are hidden on the inside. Your Play Therapist can support you with any angry, lonely, or unhappy feelings you might have - and help things feel a little easier.

Talking about your experiences can be hard sometimes. Your Play Therapist is someone who will try and help you understand your emotions without always having to use your words. This happens through playing - sometimes it can be easier to play out your feelings rather than talk about them.



What will my Play Therapist do?

Before meeting you, your Play Therapist will need to find out how you are, and what might be feeling difficult for you at the moment. They do this by meeting the grown-ups in your life who know you best, and by making a plan for how to help you.

After that, your Play Therapist will arrange a regular time to meet you. This will be at the same time, in the same place, every week. It is your time to play together for almost an hour.

What will we play with?

Your Play Therapist will have lots of toys for you to play with!



Many different things will be available in the Play Therapy room, including toy characters, figures and animals, with puppets and storybooks too. There will also be drawing and painting materials, and a sandbox and water. In your Play Therapy time you can choose whatever you want to play with.

As you play, your Play Therapist will help you with your feelings and worries.

Is my play therapy time a secret?

It is up to you whether or not you keep your Play Therapy time private, but it is not a secret. You can share what you have been doing with anyone you wish to, as long as it makes you feel ok to talk about it.

If you do not wish to talk about it, then you don't have to tell anyone at all. Keeping it to yourself is okay too, and you can decide what is best for you.

How often will i go?

We make a plan for you to see your Play Therapist every week, for 8 weeks.



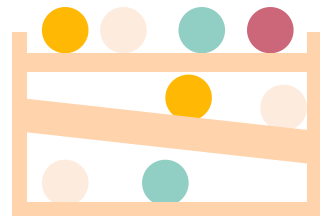
Everyone is different, which means it might take some time for things to start feeling easier. This may also happen quite quickly, but there's no right or wrong way. Your Play Therapist will work with you at your pace, and help you to understand your feelings as you go along.

When your Play Therapy sessions come to an end, we hope at this point you will feel ready, and able to manage. If you don't feel ready to end your sessions, you can talk about this with your Play Therapist and the grown-ups who look after you.

Do I have to remember any special rules?

You can choose what to play with in the play room. During play time, you are free to do and say almost anything you wish to. Your Play Therapist may have a few special rules, which will include not breaking any toys on purpose.

The biggest rule in the play room is that you do not hurt each other, which means that you both stay safe in every session.



Will my Play Therapist tell anyone about our play time?

Your play time sessions are private, but not a secret. The details of whatever you play and talk about will not be told to others by your Play Therapist. However, they will need to talk to a grown-up who cares for you, about how you are getting on. They will not tell any other children about your play sessions.

There may be a time when you and your Play Therapist will decide together to tell someone something important. If your Play Therapist ever becomes worried that someone might be hurting you or that you are hurting someone else, they will take steps to keep you safe (which means talking to other grown-ups about it)

What if i have questions?



When you meet your Play Therapist, you can ask them anything you like, even if you are feeling worried. You can also ask the grown-ups who care for you about Play Therapy. When you start going to sessions, things will feel more clear.