

Play Therapy



Description:

During this intervention, your child will spend time with our trained play Therapist Jo Carder. Play Therapy uses a variety of play and creative arts techniques to alleviate psychological and emotional conditions in children that are causing behavioural problems and/or are preventing children from realising their potential.

Jo works integratively using a wide range of play and creative arts techniques, mostly responding to the child's wishes. She forms a therapeutic relationship with your child.

Intended Outcomes:

- Reduction in anxiety
- Raised self-esteem
- Changes in behaviour
- Improved relations with family or friends

What can you do to help?

- You are very important in supporting your child through this process, come and talk to Jo and meet with her as regularly as you can to discuss your child's progress.
- Be consistent and encouraging
- Don't ask them to be good or insist that they tell you things.
- Resist the urge to ask your child what they did.
- During this process it is not uncommon for behaviour to appear to get worse before it gets better. Please speak to Jo if you are concerned.