

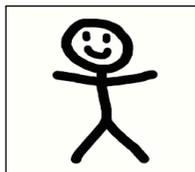
What is Play Therapy?

Play therapy is a method of helping children with emotional, social and behavioural problems through the medium of play.

Play is a child's natural medium of self-expression; it's essential for their development.

Play therapy sessions take place within the same room in the same way at the same time every week on a weekly basis for 12 to 16 weeks. The consistency of this process within a play environment offers the child a unique relationship with the therapist. This is a non-directive approach where the child takes the lead and the therapist follows and reflects the child's expressions as the therapist is in sync with the child. The child sees their emotions reflected through the therapist.

Play Therapy is about enabling potential.



What happens in a Play Therapy session

Using differing mediums, the therapist offers the child's time and space to explore the room at their own pace. Clay, arts & crafts, puppets, toys, storytelling, music, movement & drama, role play and sand are all available for the child to use as a tool for expression and for them to play out their worries and fears.



Who can it help?

Children can experience mixed up emotions for lots of reasons;

Separation/ divorce, Bereavement/ loss

Trauma, family problems, illness, academic or social problems, Differences, anxiety or depression or perhaps just need help adjusting to a new situation.

How can Play Therapy help?

We all need a bit of help to understand our emotions. As adults we may choose to talk to a friend or colleague. For children this may be harder putting feelings into words. Having a dedicated time and space to play out their problems can help in many ways. It can;

Help aid physical, emotional and social development.

Nurture imagination and creativity through expression.

Encourage confidence and concentration.

Help children make friendships and understand social relationships better.

Help children to learn from their mistakes and from the world around them.

Help to form social relationships.

And learn that with a little bit of help they have the power to heal themselves.

Play helps to build new neural pathways by releasing chemicals in the brain.

Anti anxiety chemicals are released in the brain when we are helped to explore our feelings, trauma is modified.

Brain research shows that the impact of relationships with children can affect the chemical balance and anatomical structures of their brains for better or worse.

With emotionally responsive care a negative pathway does not need to express itself. Play Therapy as a therapeutic intervention helps thousands of children in the UK.

Birds fly, fish swim, and children play...

(Garry Landreth)

Here at Worcester Snoezelen we offer Therapeutic Play and Play Therapy (* post qualification) for children who need a bit of extra support to deal with difficult

situations. We do this on site and within school settings by arrangement.

Our registered Therapeutic Play practitioner; Jane Roberts is a PTUK member no: 201904215. Having worked at the Worcester Snoezelen for over 25 years, Jane brings her skills in the field of multi-sensory and difference to work in this therapeutic context.

If you have an interest in referring someone you know or perhaps just want to know more about our specialist service please get in touch.



I put on a happy face



Worcester Snoezelen CIO
3 Turnpike Close
Worcester, WR2 6AB
01905 748229

jane@worcestersnoezelen.org.uk
www.worcestersnoezelen.org.uk

Play Therapy and Therapeutic Play



Giving Children the chance to play out their feelings

Registered Charity No. 1188079