

Filial Therapy – Playing together as a family!



This booklet is for parents and primary carers to share with their child, to help them gain a better understanding about what Filial Therapy involves



I wonder what Filial Therapy is?



Filial therapy, is a type of play therapy for the whole family. Sometimes it helps families and children to come together to play. It will be a time for you to play with your parents or other close adults . It might feel a little different than your usual play with your parents or other close adults. The adults in your life are also going to learn some new ways of being in the special playtimes.

This special playtime for you and your family is a place to have fun and play and do almost anything you want to play (Axline, 1969). Sometimes there are times when we all can feel a little angry, sad, hurt or upset inside. Sometimes things that happen in life that make you feel, not so great. Play can be a place to help you with these feelings and make you feel better on the inside (Axline, 1969, Landreth, 2012). Playing with your close adults can really help with some of these feelings, they can help you better understand some feeling and thoughts (Vanfleet, 2014; Landreth, 2012).

I wonder why we are going to Filial Therapy?



You and your family are coming to Filial Therapy, as your close adults/parents feel like it will be good for all of you as a family to be able to play together more and find some new ways of playing with each other. The people that care about you think you might be feeling angry, sad, scared or are having a not so nice time in your life at the moment. It can be hard to talk about these things, playing can be easier than using words (Landreth, 2012). By having special playtimes together you will be able to have fun and understand each other more. Your parent / other close adults will start to be able to understand more about how you feel and think about things, and they will be able to play more with you. The play therapist is going to help them understand your play more, and will help them understand how to play more.

I wonder what we will do in Filial Therapy?



There will be lot of toys to choose from in your special playtimes, toy animals, toy people, toy cars, a dolls house, a garage or cooking set, drawing and painting materials, crafts stuff and lots more stuff (Landreth, 2003, Vanfleet et al, 2010). You can choose to do and say almost anything you like in special playtime. There will be some play session with the therapist and some play sessions with your parents, and even a play session with all your family at the beginning and at the end. It will be a lot of fun!



I wonder how play therapy will help me, and my family?



Together you and your family you will start to get to know your feelings better. It can help make life a little easier when we understand our feelings (Schaefer & Drewes, 2013).

When we start to understand our feeling and thoughts more it can become a lot easier to be able to control some of the more difficult feelings from coming out in big angry ways that we might not be able to control that much (Landreth, 2012). Also the more our parents understand our play, thoughts and feelings the better they can be with helping us cope with these feelings and thoughts. Also our parents will also begin to understand their own feelings and thoughts more (Vanfleet, 2014). It helps everyone!

Filial play therapy will be a lot of fun! A place to explore, feel and play with your family.

This is the play therapist – His name is Mark



This will be the playroom



References attached to companion parent /carer booklet