

**Play Therapy – A place to play, feel
and explore**



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

I wonder what play therapy is?



Play therapy is a special playtime for you to have fun and play and do almost anything you want to play. When you hurt yourself on the outside, like cutting a finger, we can see your sore bit, and the people who care for you can give you a big hug or look after the sore place that is hurting. But, there are times when we all can feel a little angry, sad, hurt or upset inside. There can be things that happen in life that make you feel not so nice feelings. Play therapy can be a place to help you with these feelings and make you feel better on the inside.

A play therapist, who will be with you while you are playing, is there to help with those not so good feelings, just like a doctor helps with a sore bit.

I wonder why I am going to play therapy



The people who care about you, think that you might be feeling angry, sad, scared or that something not so nice has happened in your life. You might be having a hard time at school or at home. It can be hard to talk about your feelings, so playing can help a lot. Playing can be easier than using words and talking about how you feel.

I wonder what I will do in play therapy



There will be lot of toys to choose from in your special playtimes. There will be toy animals, toy people, toy cars, a dolls house, a garage or cooking set and more. There will be lots of drawing, painting and crafts stuff and lots of other stuff too

You can choose to do and say almost anything you like in special playtime. It will be very different from school and home where there are sometimes a lot of rules. One rule is not breaking the toys on purpose. The best rule in special playtime is not hurting yourself or the play therapist. We want you to be safe.

I wonder what my play therapist will do?



Your Play therapist will be with you in the playroom. You can decide to invite them into the play if you want to, that is up to you. They won't tell you what to do, you get to decide what you do and play in the special playtime. They will help you gain more understanding around some of your thoughts and feelings in the playroom .

They will meet with your close grown ups to work out how to best help you and hear about the things that might be bothering you the most at the moment. Then together you, your caring grown ups and the play therapist will work out a good time for both of you to meet every week to play for an hour Your play therapist will help to let you know when a play session is nearly at an end .

Will you tell others what I am doing in the playroom?



The playroom will be a private place for you to say and play whatever you want. The play therapist won't talk about your play to anyone else. There might be times that they would like to share some of the play with grown ups in your life that care about you, but they would always ask you first, and would not talk about your play unless you had said it was OK.

The only time they would have to talk to other grown ups is if they were worried that you were not safe, or someone else in your life was not safe, but they would talk to you about this before talking to anyone else.

It's your playtime, so you can share what happens in the playroom with anyone you like. It's not a secret.



I wonder how play therapy will help me?



Together with your play therapist you will start to get to know your feelings better. It can help make life a little easier when we understand our feelings. This might take a little time but it will be fun.

There will come a time that your play therapist and your caring grown ups together with you will decide it is time to finish the play therapy. It might be hard saying goodbye but the grown ups in your life and your play therapist will help you with this.



Play Therapy will be a lot of fun! A place to explore, feel and play!

This is Mark your play therapist

This will be your playroom

