

## Who would this benefit?

Children who:

- ✿ find it difficult to concentrate and learn
- ✿ have anxieties or stress
- ✿ are unhappy or withdrawn
- ✿ find it difficult to make friends
- ✿ are dealing with parental separation, divorce or conflict
- ✿ have attachment issues
- ✿ are dealing with loss, illness or death
- ✿ bully others / are bullied themselves
- ✿ are under performing; academically, socially or emotionally.

Did you know that...

1 in 5 children have a psychological problem.

## How well does it work?

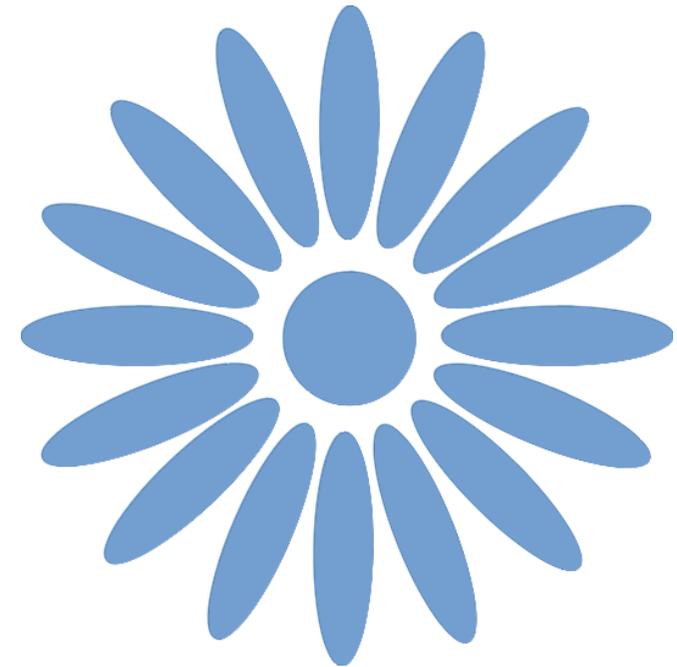
Play therapy has been shown to be effective in 74-83% of cases using the Play Therapy UK standards.

Because there we do not use medication , there are no side effects.

## Safety!

- I
- ✿ have an up-to-date, clear police check (DBS)
- ✿ am training on a program accredited by the PTUK
- ✿ listed on the PTUK Register as a current member
- ✿ am receiving clinical supervision of my play therapy practice
- ✿ work to the PTUK Ethical Framework
- ✿ ICO

# PLAY THERAPY



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## Benefits of Play Therapy

- ✿ Reduced anxiety
- ✿ Increased concentration
- ✿ A safe place in which to express thoughts and feelings
- ✿ Develop self-esteem, problem-solving, and coping skills
- ✿ Support emotional healing and growth
- ✿ Provides a medium to explore the world they live in
- ✿ Fosters imagination and creativity
- ✿ Better able to form healthy relationships

## The Therapeutic Relationship

Therapists build a strong therapeutic relationship with the child in a safe environment. There are as few limits as possible but as many as necessary (for safety). This is in order for the child to resolve inner conflicts, developing behaviours and thinking.

## How long does it last?

The number of sessions required will depend on the child and their needs. There will be a minimum of 12 sessions, once a week, typically lasting 40 minutes.

## What to expect in a session

Each session will be held at the same place and time. This consistency helps build a trusting relationship between the therapist and child, and improves the chances of effective treatment.

The sessions are non-directive which means that the child takes the lead and chooses from a wide variety of therapeutic creative arts media and toys. The therapist communicates with the child using the medium chosen by the child.

## Activities that the child can choose.

Figures and miniatures    Sand tray  
Painting & drawing        Role play  
Clay and sculpting         Puppets  
Dance and movement  
Musical instruments

## How does the process start?

I will meet with parents / carers or school and a referral will be completed. This will explore the child's behaviours and background, and why play therapy could be of benefit. This will be followed with an SDQ (Strength and Difficulties Questionnaire) as an assessment tool.

## Meetings

The therapist meets with parents / carers and staff, prior to starting sessions, at review points, and at the end of sessions.

Each time the meeting will look at how the child is and any changes that may have occurred during the course of play therapy.

## Confidentiality

Just like adult therapy, everything remains confidential unless the child discloses that they or someone else is not safe. Only the therapist and child will be present in the room while the sessions are taking place.