

PLAY THERAPY

Play is the language that children speak until aged about 12 years. Children cannot always express themselves and speak about their feelings. Play therapy helps children to work through their feelings and thoughts in a safe place, through a "language" they know best: play.

Play therapists use techniques with children to help them with expression of feelings, thoughts and traumatic experiences. Drawing, sand tray, storytelling and projective play are some of the ways to help children. The therapist to facilitate the child's own healing through what he enjoys doing and at his own level and pace.

The play therapist will usually meet with the parent(s), caregivers to discuss the concerns they have for the child.

The number of sessions depend on the child and their process and the trauma they experienced and the support they receive, but usually a minimum of ten sessions can be expected. Each session is about fifty minutes long.

To the child the session may seem fun and it may seem like playing but in reality the child is busy processing feelings and experiences in a non-threatening, supportive environment.

The child must feel safe, so tell your child that he is going to a lady to play and he can talk to her about his feelings if he wants to. He should wear comfortable clothes.

Play therapists work with children of all ages from 3 to 18 years.

Play Therapy has been proven to assist children in coping with issues such as :

- Bullying/ Aggressive Behaviour**
- Attention-deficit Hyperactivity disorder**
- Trauma and Post Traumatic Stress Disorder**
- Death of a loved one**
- Syptomatic behaviour**
- Parents separating or divorce**
- Low self esteem**
- Illness**