

The Benefits of Play and Creative Expression in Children's Counselling

Children's Counselling may benefit those who

- ✚ Have suffered loss through bereavement, separation from someone close or divorce of parents
- ✚ Suffer from attachment or separation issues
- ✚ Have experienced trauma, emotional, physical and or sexual abuse
- ✚ Are withdrawn, depressed or anxious
- ✚ Lack self-esteem or confidence
- ✚ Struggle to interact with others, converse or play
- ✚ Struggle to manage their emotions.
- ✚ Struggle to fit in
- ✚ Are not reaching their potential socially or academically
- ✚ Bully others or is/has been bullied
- ✚ Display inappropriate behaviour, may be at risk from exclusion
- ✚ Are anxious, stressed, fearful or phobic
- ✚ Have nightmares, flashbacks, disturbed sleep
- ✚ Seem generally unhappy and often upset over small things.

Children and Young People age 3 – 18 are seen in nursery and school where possible to minimise the disruption to their routine, if this is not possible we may work within a community space.

We take referrals from parents, schools, health professionals and social services.

We always endeavour to work with parents and teachers to provide the best support for the child.

Sessions are held weekly for 60 minutes for children's therapy.

Children may benefit from Play/Creative therapy in Counselling if they have experienced any kind of trauma and/or missed stages of development through illness or learning difficulties. They can revisit these gaps and rebuild them through creative expression, sand tray work, art and play.

Trauma and adverse experiences

can be explored, expressed in a non-invasive way and the child may begin to heal in the therapeutic environment, the beauty is, the individual chooses how they want to spend the time in the right way for them.

**For more info call
Karen or Emily**

07891 209081
07517 974588

**Individual or small group
Parent-Child Attachment
Play** is also available.

This is a play based approach aimed at improving the attachment quality of the parent-child relationship using attachment mechanisms and child-orientated play with parents/carers and their children age 3-15+ years. This work is carried out directly with the parent(s) or carer(s) and not directly with the child/children.



Snakes & Ladders

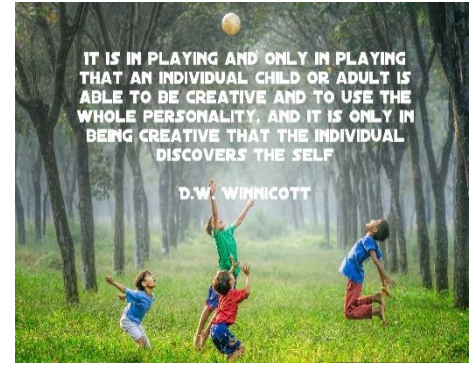
Supporting Children,
Young People & Parents
Climbing Higher with Therapy

All our therapists have an enhanced DBS, full insurance, are registered with ICO and adhere to strict safeguarding regulations stipulated by their governing body.
We all also undertake regular clinical supervision and Continued Professional Development

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Sessions are always client led, the child is given as much freedom as possible although there is a mutually agreed contract made at the beginning of therapy between the therapist and child to ensure safety and understanding of the session.

The outcomes of therapy may be general e.g. a reduction in anxiety and raised self-esteem, or more specific such as a change in behaviour and improved relations with family and friends. Children may find it easier to concentrate, take in information and participate more fully in school work and activities. Children may learn to build more positive relationships and tackle conflicts in more appropriate ways.



Possible Benefits may be...

- ✚ increased problem solving skills
- ✚ increased empathy for others,
- ✚ better communication, improved negotiation and turn taking skills,
- ✚ learning to follow rules and stick to boundaries,
- ✚ to experience positive social interaction,
- ✚ enjoying freedom self-expression,
- ✚ increased self-confidence and self-reliance,
- ✚ increased self-esteem and coping skills

The warmth of the therapeutic relationship provides containment for the client, the therapist will demonstrate unconditional positive regard, which means the client is always valued and accepted as they are in the moment this, in turn allows the client to feel comfortable to explore themselves, take risks and learn new skills, they may try out different ways of being through role play, they may get sense of self and begin to know their own mind.

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Sand tray work is a nonverbal, therapeutic intervention that utilises a sandbox, and symbolic figures/items to create scenes of miniature worlds that imitate inner thoughts, struggles, and worries. Alongside play therapy and talk therapy the sand tray and figures become a communication tool, it often uncovers unconscious or buried issues and allows them to be explored. A Sand tray may be useful with clients who've suffered adverse experiences, including neglect or abuse. A Sand tray works well for children, who often can't express their experiences and feelings in words, it is also helpful for some older people and adults who are having trouble expressing themselves especially in terms of sensitive issues.

Health and Sleep Improvements often occur as a result of the growth which happens in play therapy. During the therapeutic relationship between client and therapist there can be a reduction in cortisol (also known as the stress hormone) in the client's body and oxytocin (also known as the love drug) levels may increase resulting in a feeling of safety and relaxation.

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During Play & Creative Expression In the therapeutic environment neurons are fired in the brain, this helps form new positive neural pathways. During toddler and teenage years especially, neural pathways get trimmed to make way for new ones, play therapy offers the opportunity to replace negative ones (caused by adverse childhood experiences including neglect, abuse and illness) with positive ones (experiencing feelings of safety, self-esteem and self-worth through being valued and regarded).

Snakes & Ladders