



Play Therapy



Child & Young Persons
Information Leaflet

Who am I?



My name is Mathew and I am a qualified play therapist. This means I have learnt how to be a play therapist but I still ask for help when I need it.

I work as a play therapist at Horizon Play Therapy with children or young people, like you, and their families.

What is a Play Therapist and What is Play Therapy?

A Play Therapist is somebody who helps children and young people understand their muddled feelings using play. Play therapy is where children can play and show their feelings to a play therapist in a safe space.

As a play therapist, I can help you when you have feelings that hurt you and make you upset. I can help you find ways to explain your feelings without asking you lots of questions.



What Happens in Play Therapy?

Your play therapy session will happen with me. It will ideally take place in the same room, at the same time every week for about 50 minutes. You will see me for as long as play therapy can help you. You can play with: Puppets, Musical instruments, Sand, Paints, Playdough and lots of other toys.

You are in charge of what you play with and how you play. It is up to you how you use the time as long as we don't hurt the toys or each other on purpose. I won't make you do anything you don't want to do. You can talk as much or as little as you want to.



Why go to Play Therapy?

Sometimes children and young people feel unhappy, worried or cross about things that have happened in their life or about their friends and family. You might feel sad or sick, you might cry or fight even when you try to hold it all together inside. Feelings like this makes life very hard and not much fun. Feelings can be hard to talk about and you may worry about sharing your thoughts and feelings. Play therapy can help you choose different ways to think about, show and share your feelings.



How can Play Therapy Help you?

Do you sometimes feel sad, cross or worried about things?

Play therapy can help you with different ways of thinking, understanding and sharing your feelings with grown-ups and other children. When you understand your feelings, problems can get smaller and little by little you can learn to control some of your feelings. It might take a small amount of time or it may take a long time but when you can manage without play therapy any more you will be ready to say goodbye to me and Play Therapy.



Will other Grown-ups and Children Know What Happens in the Play Room?

Things you say and do in the playroom is just between you and me. I won't tell other grown-ups or children about your play or what you say. You can talk to people about play therapy if you want to, but you don't have to. If you want to keep it to yourself that is ok. But I will talk to your parents, carers or teachers and my supervisor about how you are getting on in play therapy. I will ask you what you want them to know. I will always talk to you about these meetings. But, if I find out someone has or is hurting you, or is going to be hurt, I will tell other grown-ups to help keep people safe. I follow rules to help me do this.

I will talk to my play therapy supervisor about your play therapy sessions, so I can do better. A supervisor is someone who I meet with and they give me advice, to help me to do play therapy.



Horizon Play Therapy



British Association of Play Therapists
Registration Number: 1396



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