



Play & Creative Arts Therapy

“Play is the language
toys are the words.”

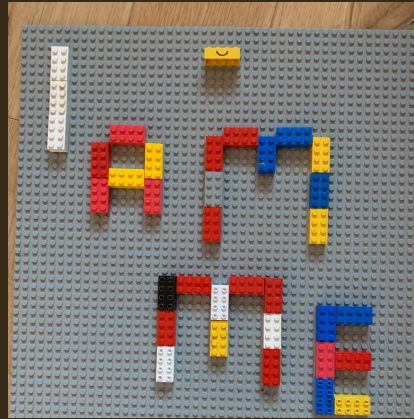
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There Will be lots of different
toys and art materials for you
to use in the playroom. You can
choose how to be and what to
do. Your play therapist will be
there just for you.

Whoever takes you to
play therapy will take
you back to class or
your special person.



Hello

**My name is Jan.
I am a Play &
Creative Arts
Therapist.**



What is Play Therapy?

**Playing can help us to relax
and be ourselves as well
as to help us to explore
difficult feelings and
experiences safely.**

**Your Play Therapist will
get to know you through play.**

**In Play Therapy, you can be
yourself, be whoever you want
to be. Playing helps you to do
this. Play therapists job is to
understand and work with
children who are finding life
difficult.**

**Play is a safe way to work through
these difficulties. In getting to
know you a play therapist can
also work with the adults looking
after you to help you get your
needs met. Your play therapist
will not tell them
what you say or do in play
therapy unless the play therapist
is worried about
someone getting hurt.**

Why Play Therapy?

**We all have lots of
feelings (emotions)**

**These feelings are there to
help us and help others
understand us but sometimes
these feelings become tricky to
deal with on our own.**

**This may cause us to act in
ways that are not helpful for us
to be the best we can be.
There are many things that can
happen in our lives that change
how we feel.**



**Talking about our
worries can be difficult
so you do not have to
do this.**



**Play Therapy
is time just for
you. You will
have a special
day and time
to see your
play therapist**

**You will have
50 minutes in a
playroom and
as long as
you, your play
therapist and
things in the
room are safe
you can play as
you wish**

