



(23)

As I am

* References for information and images available on request.

Humanistic Play Therapy



(2)

Play Therapy



(1)

Children's booklet

What is play therapy?

Play therapy is a special play time where you and a Play Therapist can play together. It can help you with feelings and worries that you might have. (3) It can be hard to talk about feelings or to know when something is bothering you. You won't be asked questions or to talk about it. (3) You just play. You can talk if you want to.

The Play Therapist will find out information before they start seeing you for sessions. (4) They might speak with your parents or guardians, your teachers, or other people who know you. The need to know how they can help you.



(5)

My pets are

I would like to be ...

All about me!

Your Play Therapist will meet you before you start play therapy. You may like to share with them things that are important to you, what you like, and what you don't like. They are interested in who you are and in getting to know you better. If you want to, you can draw or write some things about yourself and bring this with you when you meet them.

I like to

My favourite toys are

Why do I need to go to play therapy?



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There are many reasons why children go to play therapy. (7) Sometimes you just feel sad, angry or scared and don't know why. You might have had an accident. Maybe something big is happening in your family and it is worrying you or is hard for you to understand. You might have worries about school or other things. You might find it hard to make friends. Play therapy can help you to feel better. (3, 7)

What do we do in the room?

We play. There are many different toys and materials in the room. At first it might be hard to choose what to do or you might feel like you want to play with everything. This is your time and you choose what you want to play with and talk about.

(3) Your Play Therapist will play with you if you want them to. (4)



(8)



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Can I tell people what I do at play therapy?

If you want to talk about what you do at play therapy you can. (4) You can tell anyone anything that you want to. There are no secrets about play therapy.

It is alright if you don't want to talk about it. (3) Even grown-ups don't like to talk about things sometimes.

Will my Play Therapist tell people what I do at play therapy?

Your time in play therapy is private so they won't share everything that you say and do. (20) There will be times that your Play Therapist does have to talk to someone else. Your family or carers will want to know how you are doing. (3,4) Your Play Therapist might need to talk with other grown-ups so that they can give you the best help. (4) There might be something that you want them to tell others about. They might have to talk to someone else to keep you or someone else safe, but they will talk to you if they do. (4,20)



(21)



What is there to play with?

The room will have art and craft materials and toys. There may be playdough, painting, clay, drawing, puppets, games, dolls, blocks, books, board games, dress-ups, a sand tray, a castle, Dr kit, books, a tent/cubby, hospital, and other toys. The things in the room stay the same and are in the same place each week. (4) This helps you to know what is there, where to find them and helps you to feel safe and comfortable. (3)



(9-17)



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(18)

Is there anything that I can't do?

You can play with the toys in the play room in almost any way that you like. (3,4) There may be some things that you can't do and the Play Therapist will tell you that if they need to. (4) These rules will be to keep you, the Play Therapist, the toys and the room safe.

How long do I have to go for?

Children go to play therapy for different lengths of time. Some children only need to go for a short time to help them. Other children need to go for longer. It depends on how much help you need and why you need to come. (4) Sometimes changes happen in your life and this may change how long you need to come to play therapy for.

Your Play Therapist will help you to know when you will be finishing by having some way to count down to the end of therapy. (4) They may use a sticker chart or have another way for you to see how many sessions you have left. They will start to talk about it a long time before you finish.



(19)

This helps you to feel ready to say goodbye.