

# Play and Creative Arts Therapy

for children age 3-13yrs

Are big emotions hard  
to manage?

**Play Therapy** is the  
answer!


**Contact me  
through school**





## How Play Therapy can help...


*Play Therapy is a form of Psychotherapy, which helps children express their thoughts and feelings through the medium of play. For children, toys are their words and play is their language. A Play Therapist helps children explore their feelings and process their experiences enabling them to cope better in the future. Play Therapy can help children feel happier within themselves, facilitate emotional literacy, develop intrinsic motivation, improve self confidence, increase resilience and build positive relationships.*

## Why choose Play Therapy?

 Extra help and support to manage feelings.

 Talking about problems can be hard for children.

 To help get through a difficult time or traumatic event.

 Difficult feelings can make learning at school impossible.

Adoptive families – please enquire about funded Forest School group sessions for 0-5yrs

## What can Play Therapy help with?

- Adoption
- ADHD
- Anger issues
- Autistic masking
- Attachment Difficulties
- Bedwetting
- Bullying
- Challenging behaviour
- Childhood illness
- Difficulties making friendships
- Divorce
- Loss or bereavement
- Low self-esteem
- Nightmares
- Over-eating
- Selective mutism
- Sibling rivalry
- School refusal
- SPD
- Trauma