

Play Therapy is a well-established discipline based on a number of psychological theories. Research shows that Play therapy is highly effective, with 75% of the children referred showing a positive change.

Wendy Sealey is a qualified Play therapist who has undertaken extensive post-graduate academic and clinical training.

She is a registered member of PTUK (Play Therapy UK), works within their ethical framework, and receives regular PTUK accredited approved clinical supervision.

As a PTUK practitioner, she is registered with the Professional Standards Authority, an independent organisation regulating and monitoring health and social care providers.

**Wendy Sealey
Certified Play Therapist**

The weekly sessions

Children attend individual or group therapy sessions, depending on the individual child and the difficulties they are experiencing. Group sessions are likely to be more directive than individual sessions, and are for children with milder difficulties.

In the first instance a course of sessions runs for 12 weeks. Each session is 40 minutes long for individuals, and 1 hour for groups. The sessions take place in the same room at the same time each week. This is reviewed towards the end of the 12 weeks, and if it is felt by the parent and school that the child is making progress, then the sessions will continue.

Groups can be created and structured around particular difficulties that all the children in the group are experiencing such as anxiety, low self-esteem, big feelings, friendship or loss.

Play therapy may be non-directive (where the child decides what to do in a session, within safe boundaries, directive (where the therapist leads the way) or a mixture of the two.

Therapists do not discuss the content of the sessions, only the progress of the child in regards to changes in behaviour.



Siltsden Primary School Play Therapy



What is Play Therapy?

Play Therapy is a type of therapy where play, (a child's natural medium of self-expression) is used as the main way for children to express themselves.

- Talking about problems can be hard for children. It can feel safer and easier for a child to express themselves without necessarily having to use words, but instead through their play.
- The therapist builds a trusting relationship in which the child feels understood, safe and able to express and explore deep and strong feeling.
- The therapist helps the child make sense of their emotions and experiences, and to reach their own solutions.
- This leads to healthy growth and development, rather than children acting impulsively or getting stuck in unhealthy patterns of behaviour.
- It aims to build a child's ability to develop healthy and resilient relationships, and to work through traumatic experience which make learning at school or managing feelings impossible.
- It also helps to develop confidence and self-esteem and helps children feel happier in themselves.

Play Therapy can help a child who.....

- Suffers from anxiety, stress or phobias
- Has suffered a loss
- Is withdrawn or unhappy
- Finds it difficult to make friends
- Quarrels frequently with peers
- Bullies, or is bullied
- Displays inappropriate behaviour
- Doesn't play
- Has nightmares or disturbed sleep
- Is at risk of being/is excluded from school
- Has suffered trauma
- Has experienced abuse
- Is adopted or fostered
- Suffers because of family break up

The Play Therapy Toolkit

The Play Therapist uses a wide range of play and creative arts techniques, chosen specifically to provide the child with a medium for self-expression, helping them to understand themselves better. The therapist's toolkit includes;



Sand Play and miniatures

Painting/ Drawing/ Craft/ Clay

Music and Movement

Drama, role play and Puppetry

Guided imagery and relaxation techniques

Therapeutic Storytelling

Games

Messy Play

