

About Play Therapy for Children



Play Out Worries

Information Pack



Play Therapy

Play Out Worries

Hi!

My name is Liana and I am a play therapist. This short information pack aims to provide you with information about me and POW! I hope you enjoy and thanks for reading.

Liana

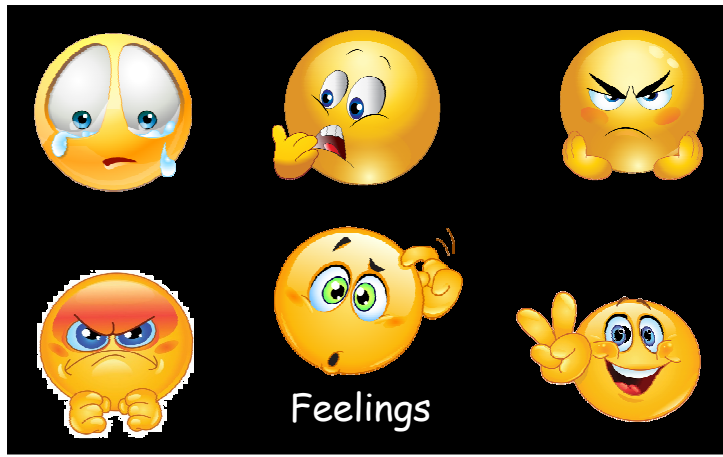
Do you sometimes feel?

-  Sad
-  Angry
-  Something is wrong with you
-  Worried
-  Confused
-  Struggling with friends
-  Afraid
-  Hurt

I see children to help them with all sorts of problems. Some children have a hard time at school or at home. You may wonder what a play therapist is or what they do. A play therapist is a person you can come to see when you have a problem. Here is a list of examples as to why children come to see me:

- ✓ Family issues
- ✓ Anger
- ✓ Someone you love is ill
- ✓ Someone you love died
- ✓ Worries
- ✓ Bullying
- ✓ Struggling with work
- ✓ Problems at home
- ✓ Friendships
- ✓ Moving home or school
- ✓ Self-esteem
- ✓ Cyber bullying

This names only a few of the problems that children come to see me with. I help by providing a safe space in a room filled with toys and craft materials for the child to choose from. Children have 50 minutes to come to the play room and may choose what to do in the play room using the materials provided.



When I see children in the play room I do not talk to others, e.g. teachers, friends or parents about what you have spoken about or created. **The only time I break confidentiality is when:**



Someone is hurting you



You want to hurt someone



You want to hurt yourself

FAQ

Q. Can I bring a friend?

A. Sorry, no friends are allowed. This is time for you, to help you.

Q. When do I come to see you?

A. A time and date will be arranged with your parent or carer. Usually we will have the same time and day each week, though sometimes this may not be possible.

Q. Can I bring in my new toy to show you?

A. Yes. Your parent or carer will have to keep it safe when the session is taking place as no toys come into the play room or leave the play room. You can show me before or after your session.

Q. Can I stay longer?

A. We have 50 minutes in the play room and we end on time.

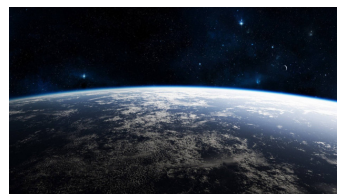


Fun Facts About Me

I have a cat called Binx.



I like the smell of cherries.



I like anything to do with space.

Thanks for reading this and I look forward to meeting you. Take care

Liana



Liana

