

Play Therapy

<p>Overview</p>	<p>There are many different strands to Play Therapy, but the one offered within this project is non-directive therapeutic play – that is, it is <i>child-led</i>. The eight principles of which are as follows:</p> <ol style="list-style-type: none"> 1. The therapist must develop a warm, friendly rapport 2. The therapist accepts the child exactly as he/she is 3. The therapist establishes a situation where the child feels free to express his feelings completely 4. The therapist recognises the feelings in the child so these may be fed back for the child to gain insight 5. The therapist maintains a deep respect for the child’s ability to solve his own problems 6. The therapist does not attempt to direct the child’s ability to solve his own problems 7. The therapist does not attempt to hurry the therapy along 8. The therapist establishes the anchor of the therapy in the real world, and makes the child aware of his responsibilities in the relationship
<p>Programme goals</p>	<ul style="list-style-type: none"> • Play Therapy seeks to provide children with a safe, private and confidential space to explore and process their experiences through the medium of play.
<p>Programme length</p>	<ul style="list-style-type: none"> • One hour sessions over a series of twenty weeks.
<p>Eligibility criteria</p>	<ul style="list-style-type: none"> • Any child, over the age of four, who is considered to have experienced domestic abuse. • This is a voluntary piece of work, so consent from the child must be obtained (i.e. they must wish to participate in the intervention).
<p>Exclusion criteria</p>	<ul style="list-style-type: none"> • Any child whose age and stage of development will not allow for engagement in a private and confidential space away from the parent/caregiver.
<p>Points to consider before making a referral</p>	<ul style="list-style-type: none"> • The child will engage with the therapist in a private and confidential space, separate from the caregiver, and will need to be of the developmental age and stage to do so.
<p>What to discuss with the parent before making a referral</p>	<ul style="list-style-type: none"> • It is important that informed consent is obtained prior to making a referral. • It is important that consent is also obtained from the child and that parents/carers reassure the child by outlining what it entails – that is, that the sessions will take place in a private and confidential space but that it will be child-led.