

Acorn Kids Play Therapy

acornkidsplaytherapy@gmail.com

Hi, my name is Debbie and I'm a Certified Therapeutic Play Practitioner.

Play Therapy sessions are currently being offered at Dromore Central Primary School, with four spaces available this term.

I'm often asked what Play Therapy is.

What is Play Therapy?

Play Therapy is a way of helping children deal with emotional and mental health issues through play.

Children often find it difficult to talk about problems. This is because they may not have the words to describe how they are feeling, or enough life experience to recognise or understand the emotions and issues they are struggling with. They may find it difficult to understand why they are behaving as they do.

Children, however, communicate through play – it's their natural language and their way of exploring the world around them. Play Therapy provides the right environment and time to allow children to express themselves through a variety of media such as drawing and painting, water play, clay, sand tray and miniatures, Lego, guided imagery and relaxation techniques, drama, puppetry, movement, and music.

As they do so, generally the things that are bothering them come to light. Problems, such as muddled feelings or upsetting events that maybe have not been processed properly, become apparent and with the guidance of the therapist, children can then explore these issues and gain a better self-understanding.

By re-enacting confusing events or exploring feelings through play or art, a safe distance is created for the child between them and their issues. This allows them to better understand and come to terms with things, developing resilience and finding ways to reframe worries and find positive ways of coping.

Who is Play Therapy suitable for?

Play Therapy is suited for children facing a wide range of emotional, behavioral, or social challenges. The follow list includes some of the most common issues Play Therapy can help with.

Abuse	Delayed Development
ADHD	Family relationship problems
Anger	Lack of confidence
Anxiety issues	Nightmares
Attachment Issues	Physical Disabilities
Autistic Spectrum	Poor School Attendance
Behaviour Problems	Social Exclusion
Bereavement / Loss	Trauma
Bullied/Bullies	Under Performing
Communication Problems	Withdrawn Personality
Depression	

Regulation

Every parent/carer wants to ensure their child is in safe hands. In order to do this, I am registered with Play Therapy UK.

PTUK therapists must undertake rigorous academic and clinical training before qualifying. To be registered with PTUK, all therapists must qualify via the organisation's university approved postgraduate courses, attend regular accredited professional development courses, and have an enhanced DBS check.

In addition to this all therapists are clinically supervised by a certified supervisor, when working with clients. This ensures safe practice and that children get the most beneficial interventions in each session to meet their needs.

Practitioners are also registered with the Professional Standards Authority, an independent organisation regulating and monitoring health and social care providers.

What way does Play Therapy work at Dromore Central Primary School?

Getting started with Play Therapy

Play Therapy sessions at Dromore Central Primary School last 40 minutes and cost £35 per session. Generally, around 8-12 sessions are recommended.

1. Initial contact

Send me an email at acornkidsplaytherapy@gmail.com including your name, contact number, and the year group your child is in. If there is availability, I will send you a referral form to complete, and arrange a time to call you.

2 Phone call

I will give you a call and this will be an opportunity for us to talk. You can ask any questions, share more about your child, and we can discuss if Play Therapy feels right for your child.

3 Paperwork

If you wish to proceed, we will need to fill out some paperwork including a permission form which *both* parents are required to sign. We can discuss the initial number of sessions, time, day, and payment options.

4 Introductory Session

During the first session, the child will come and see the playroom. I will introduce myself and explain a little bit about Play Therapy and what they can expect. Hopefully they will enjoy this, however, if they are in any way unhappy, please understand there is no obligation to continue, as it is a vital part of the process that the child wants to come and in no way feels pressured.

5 Sessions

If everyone is happy, sessions will continue as planned. Permission forms need to be signed and payment made to secure the child's place at this stage.

A review phone call with parent/carer will take place at around 6 weeks.

Remember, it is vital that all parties are on board with the Play Therapy sessions. There is no obligation to continue if you feel it's not the right fit for your child.

Contact details:

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