

## Contact details

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# Play Therapy

All children need support at some point in their lives. Some children can be helped to explore and make sense of difficult feelings and emotions through their play with a play therapist. They can be empowered to cope better with their emotions.

Seacroft Manston Partnership offers support through play from a team of play therapists.

We are here  
to help...



*"My son really grew in confidence. He had space to work through some difficult feelings. "*

## In a nutshell

Children sometimes need to work through emotional, social and behavioural difficulties and make sense of confusing feelings and upsetting events.

Play Therapy helps children understand these muddled feelings that they haven't had the chance to sort out properly. They are given opportunities to use play to communicate at their own level and at their own pace, without feeling interrogated or threatened.

Schools in our cluster usually have mentors, pastoral teams, social skills groups that offer children support. This should be accessed in the first place – but sometimes this just isn't enough!

**Only schools in Seacroft Manston Cluster can make referrals for this service using the Cluster Referral Form** (June 2016).  
**Outside professionals should use MindMate SPA for advice.**

## What our offer looks like

Our aim is to identify, as early as possible, children who feel sad, angry, scared about something or perhaps because something traumatic has happened.

As we are primarily a school support service, the process begins with a referral from the child's school. A full discussion starts the process to ensure that specific needs are identified on what the play therapist will focus on.

The aims of play therapy may be general e.g. a reduction in anxiety and raised self-esteem, or more specific such as a change in behaviour and improved relations with family and friends.

We usually offer around 8 sessions of play therapy.

## Who we work with

Play therapy is an appropriate intervention for any child experiencing emotional difficulties such as:

- anxiety
- emotional or behavioural issues
- low confidence and self-esteem
- relationship and friendship issues

Plus many more.....

## What we focus on.....

Our play therapists have received extensive training in child development and attachment (the bonding process). They are also trained to use play, a child's natural form of expression, as a means for understanding and communicating with children about feelings, thoughts and behavior.

Usually play therapy is done on the school setting, in a private room where children feel safe, comfortable and able to express themselves.

Our play therapist have a large selection of play materials from which your child may choose. These may include small figures and animals, art and craft materials, dressing up props, sand and water, clay, musical instruments, puppets and books.

The therapist allows children to select the toys and the ways that they want to play with them. The therapist pays extremely close attention to the child's actions and feelings, sometimes engages in imaginary play with the child, and sets limits. In this type of play therapy, called child-centered play therapy, the child's problems or issues usually come out naturally in their play.