Play Therapy Explainer

Understanding your Play Therapy sessions at Gateway Psychology

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Play Therapy is a therapy model using the child's natural language of play to encourage them to explore their thoughts and feelings; allowing children to process their own emotions and articulate problems using play.

Play Therapy can be particularly helpful for children who may struggle with talking therapies – for example, if a child struggles to verbalise their trauma or their feelings, they can play those feelings out within the playroom.

Play Therapy sessions provide a private and confidential space for children to communicate their feelings and emotions.

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What are Play Therapy sessions like?

It is important that Play Therapy sessions are consistent. The toys and art resources that are offered will remain the same for every session. Play Therapy sessions are mainly non-directive, however the therapist may introduce some directive work if they feel it would help the child. However, directive work is never compulsory, and it is always the child's choice.
Directive work will always be offered alongside non-directive work and the usual toys and resources – never instead of.

Play Therapy sessions can get messy, so it is advised that the child does not wear favourite clothes to a session.



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How is progress monitored?



You and your clinician will meet regularly to review your child's Play Therapy sessions and discuss how best to meet your family's needs.

A review is also a time for you to bring any concerns you have about your child and the sessions. You are welcome to bring a friend or relative with you to reviews. Please let us know in advance if you are going to do this.

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Video and audio recording

Play Therapy sessions might need to be video and audio recorded.

We will ask for your verbal and written consent before recording any of your sessions. Your clinician will use these for analysis purposes and to prepare for feedback sessions with you.

Confidentiality

Your video recordings will be stored in accordance with our Data Protection and Confidentiality Policy.

Will my videos be shared anywhere else?

Your clinician may share your videos confidentially with their supervisor. We will ask for your consent before doing this. We will not share your videos anywhere else, unless required to by law.

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Confidentiality

Sharing information

Your clinician will not share information with any other person or agency without agreement from you (and your child, if appropriate), except when it is required by a court of law or a local authority, or if they believe your child or another person is at risk.

Please see our Data Protection and Confidentiality Policy for more information.

Notes and reports

Your clinician will keep notes about Play Therapy Sessions for their own use and for supervision.

At the end of the intervention, they will write a summary report for you. They will not share notes or reports without your consent unless required to by law.

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Other documents to read

As well as this Play Therapy Explainer, please read the following documents (where applicable) before your sessions begin:

- Parent/Carer Information Pack
- Schedule of Services
- Terms and Conditions
- Children's Guide/Young Person's Guide (as appropriate)

You will also need to sign and return the following forms:

- Registration Form
- Consent Form
- Outcome Measures (questionnaires)

These will be sent to you electronically using the e-signature platform, PandaDoc.

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Our contact information

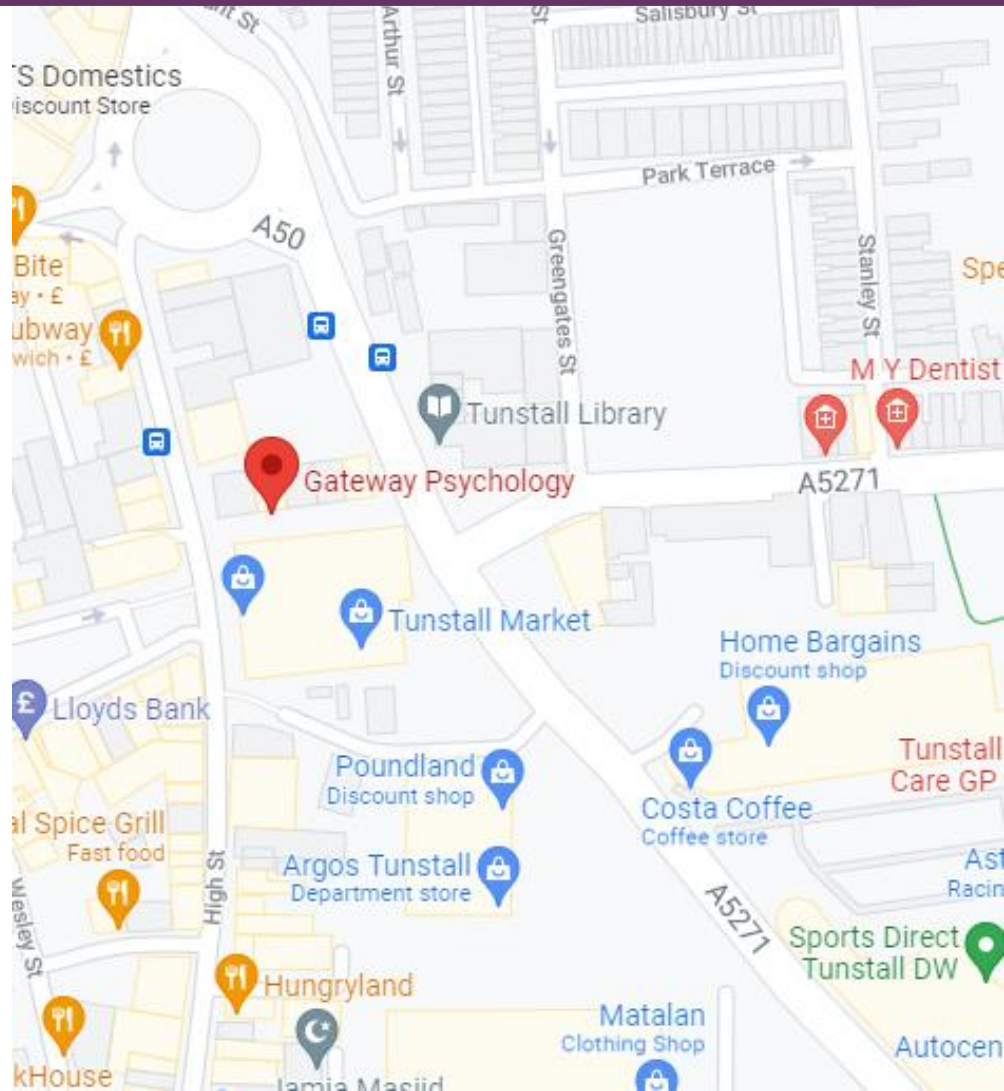
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