Theraplay® Explainer

Understanding your Theraplay® sessions at Gateway Psychology



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Theraplay® is a child and family intervention to build and enhance attachment, self esteem, trust in others and joyful engagement. It is based on the natural patterns of playful, healthy interaction between parent and child and is personal, physical, and fun.

Theraplay® interventions focus on four essential qualities found in parent child relationships: Structure, Engagement, Nurture, and Challenge. The sessions create an active, emotional connection between the child and parent or caregiver, resulting in a changed view of the self as worthy and lovable and of relationships as positive and rewarding.

What are Theraplay® sessions like?

During the sessions, your clinician will guide you (both parent and child) through playful, fun games; developmentally challenging activities; and tender, nurturing activities.

This helps the parent regulate the child's behaviour, and communicate love, joy and safety to the child.

These sessions help the child feel secure, cared for, connected and worthy. We call this 'building relationships from the inside out.'



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What are Theraplay® sessions like?

Please note that Theraplay® sessions often involve equipment/items like foodstuffs (like Maltesers/fruit juice), soft toys, balloons, bubbles, lotion, etc. Your clinician will talk with you about this when your sessions begin. Please let your clinician know if your child has any particular allergies or dietary requirements.

Theraplay® sessions may also involve closer contact with the clinician than other talking therapies might. They are designed to be less formal to help encourage active, playful fun between the parent/carer and child. Your clinician will explain how the sessions will work when you start work with us. Please feel free to ask any questions you might have.

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How is progress monitored?



You and your clinician will meet regularly to review the Theraplay® 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

Theraplay® sessions often 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.

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

Can I view my video recordings?

Your clinician will share sections of the videos with you but will not give you a copy of the videos.

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 your Theraplay® 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 Theraplay® Explainer, please read the following documents before your sessions begin (as appropriate):

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

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

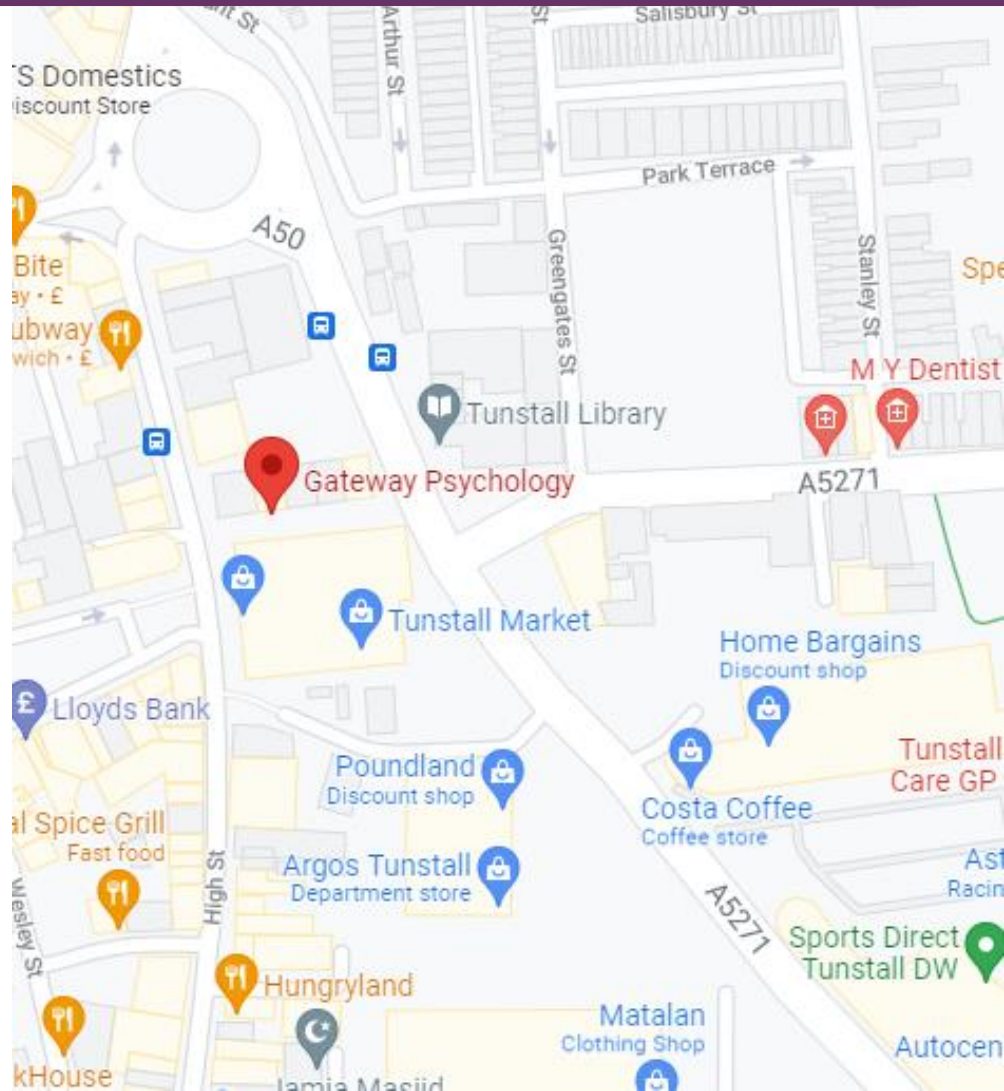
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