

Play based therapies

Play is a child's first language.

Playing comes naturally to children.

Sitting and talking about their feelings often does not feel so natural or indeed possible for them. It makes sense to communicate with children in a way which is comfortable and accessible; I therefore often incorporate play in sessions.

Children can communicate things through play which they may not be able to express verbally.

Children can process difficult experiences and feelings through play.

Play is a natural stress reliever. Playing can release stress and help with regulation.

Play itself brings numerous benefits. Research shows that using play within therapy is a highly effective approach.

Play may include sand tray, Lego, games, puppets, creative arts, digital games and more.

Play helps to develop the therapeutic relationship.

Play may be therapist-directed or child-led, depending upon the needs of the child.

Play based therapy can incorporate aspects of other approaches, such as CBT and Person Centred Therapy.

Important note: I am not a Play Therapist, but often incorporate play into sessions. If you are looking for a Play Therapist, there is a UK register of accredited therapists here:

<https://www.bapt.info/play-therapy/register/>