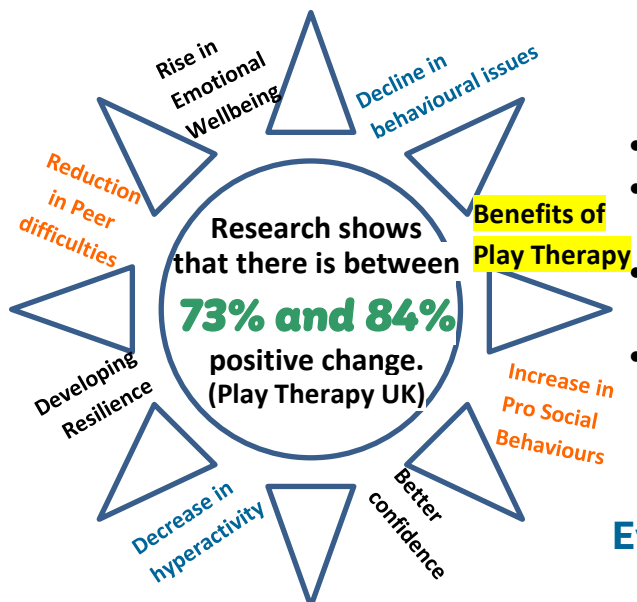




Play & Creative Arts Therapy

Outline

- 1:1 or group sessions
- Indoors or Outside (covid aware).
- 14 – 36 weekly sessions of up to one hour each for up to 5 children per day



Aims.

- To give children an age appropriate way to “play out” difficult feelings and build resilience, so that they become happy children who love life and enjoy school.
- To give the child insight and the ability to process their own behaviour by providing a safe, non-judgemental and accepting space for the child to “play out” any feelings and reflect upon them.
- To build self-esteem and resilience.
- To instil confidence in the child’s own ability to resolve their own problems and respect boundaries.
- To help the child to deal with their thoughts and internalised feelings in constructive ways, at their own pace
- To improve the child’s behaviour and emotional wellbeing, to build more positive relationships and social skills, enhancing their prospects for a happy and healthy future.

Evidence of Success

Play Therapy is an age-appropriate, early intervention approach that’s proven to have positive outcomes for children and families. Since 2016, the Department of Education has been recommending Play Therapy in schools, as research shows that children can only articulate their feelings 7% of the time (Mental Health and Behaviour in Schools – Mar 2016).

“His anger doesn’t seem to be an issue now since coming to sessions, he seems more confident in communicating his needs before he reaches a tipping point and he seems more relaxed and happy! Mum has commented on how his relationships have improved with her and his siblings at home too ”

Year 4 Teacher

Creative-Me, Play & Creative Art Therapy is suitable for children between the ages of 4 and 12, plus older children who have experienced trauma, or display emotional or behavioural difficulties. These might include:



Why Play & Creative Arts Therapy in schools?

Children who have experienced trauma or difficult life circumstances may struggle to achieve their academic and social potential at school, many will encounter challenges to accessing learning in the classroom. Trauma can block children's ability to concentrate, take on board new information and engage in school life. Trauma isn't always due to life-changing catastrophic real-life events, sometimes it can be caused by child's difficulties with resilience or their inability to adapt to difficult life circumstances. Teachers and school staff are on the front line working with children and are likely to identify those who are experiencing emotional or behavioural difficulties. Staff can help these children get early intervention support, at an age when it is proven to be most effective. The school environment provides the child with a familiar and safe place, ensuring consistency. **Sarah Foster from Creative-Me** can support your school in providing accessible support for children who have emotional and behavioural difficulties.



Additional Support

Sarah offers:

- **Parent Support as part of the sessions.**
- **A Parent and Child Play Course (PCAP) to help develop and strengthen relationships.**
- **Out door Play Therapy packed with sensory and self regulation resources!**
- **Nurture Groups of 3 to 4 children, helping social cohesion and to help ease those who have experienced loss, change or family breakups back into classrooms.**
- **Free initial consultations.**

If you feel you know a child who can benefit from Play Therapy please get in touch with Sarah at c-me-cornwall@outlook.com or call 07941 535835.

Or for further information please see:

www.creative-me-playtherapy.co.uk

