

## how long will it last? \_\_\_\_\_

That depends on the child and the issues they are facing. 8-12 sessions may be sufficient for some children, others require longer term work. I will review the work with the parents every 6-8 weeks to discuss any changes and how the work is going.

The child is free to discuss their sessions with whoever they wish. I will not be talking about the content of the sessions with anybody, except my supervisor, unless I am concerned for the child's emotional/physical safety. If I feel it will benefit the child, I may contact the GP or school but this would nearly always be with your and the child's knowledge.



## how much does it cost? \_\_\_\_\_

For 45 minute sessions the cost is £30. I keep a number of sessions for those experiencing financial constraints, so do talk to me.

## what if I miss an appointment? \_\_\_\_\_

I have a cancellation policy and charge for missed sessions. Less than 24 hour notice - half fee.



a network of counsellors in the community

## the dovecote

Counselling and Play Therapy

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## Play Therapy

### What is play therapy?

Children often do not have the words to express their feelings. Play Therapy provides tools such as, art, clay, sand, creative visualisations, storytelling, puppets, role play resources, and music to help children play out what **they have difficulty saying in words.**

## who is Play Therapy for? \_\_\_\_\_

Play Therapy helps children make sense of their life experiences and develop coping strategies and a more positive view of their lives and themselves. It is therefore beneficial for a variety of situations.

### For example:

- Failure to realise full potential
- Anxiety, stress or phobias
- Withdrawal or unhappiness
- Anger or aggressive outbursts
- Bullies or being bullied
- School refusal or exclusion
- Parental separation or divorce
- Sleeping disorders
- Eating disorders
- Attachment difficulties
- Family or peer relationship difficulties
- Adoption or fostering
- Trauma
- Bereavement and loss,
- Emotional, physical and sexual abuse
- Illness and disability
- Any inappropriate emotional or behavioural expression

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## what happens in the play room? \_\_\_\_\_

Play therapy assumes a person-centred approach. It usually takes the form of one to one sessions where, as the Play Therapist, my role is to create a safe and warm environment where a child feels free to explore and express their feelings and experiences. As a child recreates and expresses feelings and experiences through stories and games, I use my therapeutic skills to understand the underlying emotions and struggles and reflect these back within the metaphor of the child's story.

My aim is to gently encourage each child to become aware of their feelings, to engage in problem-solving, and to become empowered to express their feelings appropriately and to find resolutions to their struggles.

Each child chooses how to spend their time in the playroom. Children may play on their own, or they may include me in their play. Sometimes a child might choose not to play at all. The responsibility to make choices can be overwhelming and it can be empowering.

In Play Therapy children learn how to express their thoughts and feelings in constructive ways, to accept responsibility, to problem-solve and to develop resilience and self confidence. Anything a child creates in the room stays until the play therapy sessions are completed.



**“Play can miniaturize a part of the complex world children experience, reduce it to understandable dimensions, manipulate it, and help them understand how it works.”**

**PROFESSOR JEROME SINGER,  
YALE UNIVERSITY**

## who am I? \_\_\_\_\_

My name is Janet Jones. I have a Diploma In Person Centred Counselling and a Post Graduate Diploma in Play Therapy. I have 10 years experience of counselling in schools, charities and private practice. I am a registered member of BACP and adhere to their Ethical Frameworks.

### **Janet Jones**

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We abide by the BACP (British Association of Counsellors and Psychotherapists) Ethical Framework and are members of professional associations.