

PLAY/CREATIVE THERAPY

Information Sheet 1



This confidential service is provided by Hillview Resource Centre- CHY 14385



PHILOSOPHY

Most of the time children can work through issues as they arise but occasionally they may need some help.

Therapy is child/young person centred. Children & young people are viewed as having an innate ability to move towards growth and maturity. Therapy allows them the freedom to be their authentic selves on their developmental journey.

Children & young people are sometimes strongly affected by life events. Play/creative therapy not only provides children & young people with an opportunity to safely express their feelings and thoughts but supports them in developing the tools to cope life's difficulties in a more positive and constructive way.

WHY PLAY/CREATIVE THERAPY?

At times in life something can happen which can affect a child.

Therapy can help by:

- ✓ **Helping** children safely work through their emotions
- ✓ **Improving** behavioural issues
- ✓ **Improving** relationships at home or school
- ✓ **Building** resilience

SUPPORT

A child can be referred by family or a professional. Play Therapy or Child Psychotherapy can help issues such as:

- ✓ Anger
- ✓ Aggression
- ✓ Anxiety
- ✓ Depression
- ✓ Separation/Divorce
- ✓ Loss/Bereavement
- ✓ Self-harm
- ✓ Suicide
- ✓ Issues at home or school

Play Therapy/Creative Therapy is provided for 3-18 yrs olds. It is not the same as for adults because while talking is the fundamental task of psychotherapy for adults, play/creative expression is the medium best used by children & young people to communicate their emotional distress. Children & young people do not have the same verbal capabilities as adults, so child therapy is much more active than adult psychotherapy.

Play/Creative Therapy is non-directive therapy for children & young people. The Therapist uses play/creative therapy tools to work through feelings and allow expression. The Therapist follows the child's/young person's lead and supports them to explore the resources.

As the child or young person grows comfortable with the Therapist they can gain insight into their problems through the process of identifying themes and behaviour.

Even though meeting with the child/young person alone is necessary, working with parents/carers can make a big difference in a child's/young person's life. Parents/Carers meet with the Therapist first so they can find out more about the issue and gather background information; the therapy is then explained and any concerns discussed.

As therapy progresses parents/carers will be expected to meet with the Therapist from time to time to discuss progress. Children/Young people generally respond quicker to therapy than adults, and although the length of therapy varies, often it is around fifteen sessions.

If you have any questions contact the Project Manager at Hillview Resource Centre on 087 116 0196. Alternatively email manager@hillviewrc.ie

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