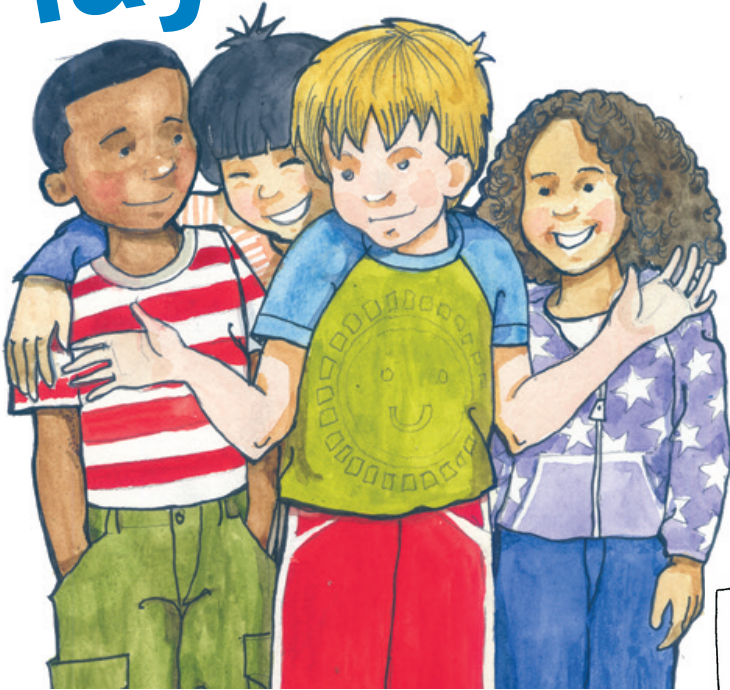


BAPT



British Association of
Play Therapists

What is Play Therapy?



I think my favourite fictional character
Tracy Beaker could do with some Play Therapy!

Jaqueline Wilson



Play Therapy is....

to help children who have hurt and horrible feelings.

When you hurt yourself on the outside, you feel pain and everyone can see the sore bit. You may cry and usually the person who cares for you will give you a hug and perhaps put a plaster on the hurt. They may even take you to the doctor to make you feel better.



When you have hidden-away hurt feelings because of things that have made you unhappy, sad, angry, scared or lonely, a Play Therapist can help you with these feelings so you can feel better.



Why am I going to see a Play Therapist?



The Play Therapist has been asked to see you, because you feel sad or angry or scared about something or perhaps because something horrible has happened. Maybe you can't help fighting or crying or you feel bad about yourself.

Sometimes, it is hard to talk about your feelings so your Play Therapist will try to help you feel better without you having to explain things in words. That's because children play their feelings better than they talk about them.

What will the Play Therapist do?



First, your Play Therapist will meet the grown ups who know you best to find out what's wrong and to plan how to help you.

Then, your Play Therapist will arrange to meet you at the same time and in the same place every week and you will play together for about an hour.

What will we play with?

Your Play Therapist will have lots of toys to play with, like drawing and painting stuff, toy people and animals, puppets and storybooks...



...You can choose what you'd like to play with best. Your Play Therapist will help you sort out your feelings and worries so you can feel better.

Are there any special rules I've got to remember?



In the play room with the Play Therapist, you get to choose what to play with and you can do or say nearly anything that you want.

Play Therapy is very different from school and home: your Play Therapist may have a few special rules, such as not breaking toys on purpose, but the biggest one is that you don't hurt each other so that you both stay safe.

Will my Play Therapist tell other people what we've been playing?

In your Play Therapy sessions whatever you play and talk about is private, but not secret between you and your Play Therapist. Your Play Therapist won't tell anyone all the details of what you have played or talked about, but they will need to talk to a grown up about how you are getting on. Sometimes you and the Play Therapist might decide to tell others something important. Your Play Therapist will not tell other children.



Your Play Therapist will also have to tell other grown ups if they are really worried that someone is hurting you or you are hurting someone else, but they will talk to you about this first.

Do I have to keep it private too?



That's up to you - Play Therapy isn't a secret. You can talk about what you've been doing to anyone you want to, but you don't have to. If you feel like keeping it to yourself, that's OK.

How long do I have to keep going for?



Children's problems can get better when they understand their feelings. This might happen quickly or it might take a long time but in the end you and your Play Therapist will both feel ready to say goodbye and you will feel able to manage without them.

What if I want to know something else about Play Therapy that this book hasn't told me?

Here are the contact details for your Play Therapist so someone can find out for you:

Name of your Play Therapist:

Telephone Number:

Email Address:



Finding a Play Therapist

To find a qualified Play Therapist, please telephone, email or go to the BAPT website to access the on-line register at www.bapt.info/findaqualifiedplaytherapist.asp



If you have a complaint, we would like to hear from you. Please contact BAPT on the contact details below.

Further information contact BAPT

For further information, please contact BAPT at:

Tel: 01932 828638
Fax: 01932 820100
Email: info@bapt.uk.com
Internet: www.bapt.info

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