

Guidance to support Children and Young People accessing Play Therapy

- Please don't wish the child a "good time" or ask if they have "had a good time" on their return to school/class/home. Therapy can create some challenging thoughts/feelings and they may not have had a 'nice' time.
- **Instead offer them their usual consistent environment with clear routine and boundaries, particularly after sessions.**
- Please don't ask them about their session. If they want to share with you they will and remember it is their time, for them. Acknowledge what they are saying and be led by them.
- **They cannot access more than one intervention at a time, even if the reason for referral is different. They only have one process and to access more than one provision, can do them harm. Feel free to ask the therapist if you are unsure.**
- Using therapy as a reward or consequence is unethical.
- **Bringing their work from class to finish in the therapy session is not an option.**
- Avoid discussing the child with the therapist in front of them.
- **1:1 weekly sessions, a minimum of 12. Sessions are 40 minutes (younger children may have shorter sessions)**
- If a child has experienced a 'tough' session, The therapist will discreetly inform adults.
- **The therapist will not discuss a child's session with you. They can discuss their progress and not their process.**
- If a safeguarding issue has arisen, the therapist will follow the school's safeguarding procedure and inform the DSL. A session will be stopped if a disclosure is made
- **A review will be held every 10-12 weeks.**

Please feel free to share this information sheet with parents/carers, professionals