



*metocha*  
PLAY THERAPY

# CHANGE? YOU DECIDE!

Play therapy uses a variety of play and creative media to help children and adults learn and work more effectively, **reaching their full potential** by **unlocking the limitations of past developmental experiences.**

Its average effectiveness is **77%** without the use of drugs, so there are **no side effects.**



# How well does play therapy work?



According to the latest clinical evidence from PTUK and PTI (2021), play therapists from over 40 countries in North America, Europe, Africa, the Middle East, Asia and Australasia, an average of **77%** of children and adults **showed significant positive changes** in emotion and behavior **after 18-24 sessions**, including: relationships with family, classroom learning, work performance and getting along with peers.

## Who needs play therapy?

Adult mental health issues (Kessler et al., 2005)

**75% start at age 24**

**50% take root at age 14**

Mental health research\* in the US and UK shows that **1 in 5 children suffer from emotional and behavioral problems**

Can't focus?

Can't follow instructions?

Have trouble making friends?

Have frequent arguments with peers or siblings?

Bullying or being bullied by others?

Are withdrawn or constantly unhappy?

Disinterested in play?

Showing inappropriate behavior?

\*U.S. Department of Health and Human Services report (1999) and UK British Medical Association (2006)

If your child is experiencing these difficulties and they are **causing problems in home life, classroom learning or with peers**, please contact our play therapist as soon as possible for an initial parent consultation and evaluation.



# Clinical Cases

## Anxiety disorder

Due to the complexity of family relationships, Client A was insecure in her family. She often worried about losing her parents and often doubted their love for her. She often clashed with her parents at home and was unable to concentrate on her studies at school.

After therapy, she accepted her unique identity and understood that her parents' love for her would not be affected by their relationship with each other or with other siblings. Her relationship with her parents became closer and she was able to participate in school.



Before: Insecurity and desire for parental love.



After: Satisfaction and happiness with parental love.

## Learning disabilities and attention disorder

Client B was born with poor vision and poor coordination; he always blamed himself for not being able to do what he wanted to do, often said he was stupid, and cried in secret. He was often immersed in his own world and could not be quiet; had no boundaries, challenged rules and followed his own impulses; could not cooperate with those around him and therefore had a very isolated social life.



Through therapy, he was able to accept his limitations; learn to respect and follow boundaries; recognize and exercise his self-control, and be able to interact and build friendships with those around him.



Before: Growth faced many obstacles.

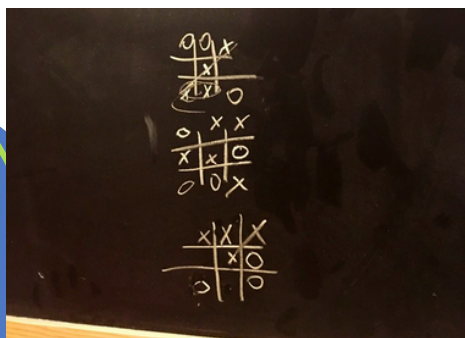


After: Barriers were removed and the child was free to grow.

## Depression with suicidal behavior

Client C believed that his father's criticism was because he was not good enough and therefore did not deserve his father's love. Whenever he made a small mistake, he easily felt frustrated and gave up, and often lied to cover up his mistakes.

After receiving therapy, he understood that his father was using criticism to motivate him. He became closer to his father and learned to accept himself. He became more confident, more responsible and able to face and solve difficulties in his life positively.



Before: Willing to play only the games he was very good at to show his ability.



After: Willing to open up and enjoyed playing more fair games.



# How does play therapy work?

Play therapy focuses on helping children and adults use their **inner abilities** to overcome the difficulties they face.

Play therapy provides an accepting, safe and creative environment.

In this environment, children and adults can use play and creative media to explore their past directly, symbolically expressing emotions, thoughts, and experiences that they cannot directly describe in words (Axline, 1947).

In this way, play therapy becomes an effective bridge for children and adults to **understand the real needs behind their behavior** and to confront and solve problems in a positive way (Ginott, 1994).

Play therapists observe to understand the deeper meaning of these externalized emotions, thoughts, and experiences, and then use framing, reframing, and reflective communication techniques to help children and adults

**understand the difficulties they are facing.**

At the same time, play therapists set and maintain boundaries that help children and adults **identify, learn, cope, resolve, and master different ways of dealing with their difficulties** in a safe and consistent environment.





# Parental experience with Metochoa's play therapy

- *Parent Julie, 2022*

## **Parents' experience of initial parent consultation**

When we started play therapy with May, she took the time in the initial parent consult to thoroughly explain Play Therapy and its effect on behavior and attitude by making new pathways in the brain to help change behavior that was holding our child back. She did not address just the behavior itself but looked deeper to understand the root cause of the behavior and then worked together with us and our child to make positive changes.

## **Children's experience of play therapy**

I can confidently say that May has built wonderful rapport with our child over the course of the last 6 months. He had a very positive experience with her, due to her experience and skills as well as her astute observations of what approach would work best for him. This rapport helped him to open up during the sessions with her and also meant that he accepted and considered what she suggested to him, This was a huge win for us as our child can be resistant to anything that feels like 'therapy'. I was able to see deeper changes in his thinking and approach to some of the challenges he was having, so I knew that May's sessions with him were having real impact.

## **Parents' experience of parent consultation after every 5 sessions**

I really enjoyed the parent consults where May discussed her observations and provided strategies. These were very helpful in understanding what was driving some of our child's challenges and I also appreciated that she had these consults in order not to discuss our child in front of our child. She was always considerate and gentle in her approach, and we can see how her sessions with our child helped him to develop new thinking skills to help start working towards the goals we had set together. She was understanding of the realities of parenting and took those into consideration when putting together strategies and getting feedback.

## **Overall rating of play therapy experience**

Thank you very much May for being such a great therapist for our child and helping us to understand his strengths and challenges more deeply. I can see how much you care about your clients by the rapport you built with our child and by your warm professionalism and care.



# Parental experience with Metochoa's play therapy

*- Parent Michael, 2022*

## **Before play therapy**

My son was having difficulty interacting positively with his teacher, classmates and in our home during Prep and Year 1. This meant he was not always doing what his teacher asked of him, often played alone, was not always compassionate towards his classmates or family members, and was having trouble developing friendships.

## **After play therapy**

4 months later following 16 sessions of weekly play-based therapy with May Yeung my son's social communication, behavior and relationships have been transformed. My son now has strong friendships with many classmates including in his Year 2 school basketball team, choir and drawing club. He now routinely follows his teacher's instructions, regularly shows compassion towards others, and plays daily with numerous friends.

## **Overall evaluation of the play therapy experience**

It is a direct result of May's diligence and care, and ability to work guided by regular feedback from his classroom teacher and our family that my son has grown emotionally and socially enriching his experiences and connections.



## Course Instructor: May Yeung

MA Play Therapy, PgD & PgC  
Play Therapy, MBA, BA (Hons)

- **Registered Accredited Play and Creative Arts Therapist** with Play Therapy UK (PTUK) and Play Therapy International (PTI)
- **Associate Lecturer in Play Therapy** and **Assistant Course Director at the Academy of Play and Child Psychotherapy (APAC)**, the training arm of PTUK and PTI
- Certified **Experiential Learning Trainer**



Has provided Neuroscience Leadership Corporate training, Play-Therapeutic Parenting and Social-Emotional Learning training and K-12 programs for Fortune 500 companies, small and medium-sized businesses, non-profit organizations, international and local educational institutions (including elementary, middle and high schools and kindergartens).



Organizations served include Johnson & Johnson, Safran Aircraft Engines, Teaching Research Office of Shanghai Municipal Education Committee and Beijing Zhongguancun No. 4 Primary School, International School of Beijing, Yew Chung International School of Beijing, Peking University Affiliated High School, The International Montessori School of Beijing, Ivy Kindergarten, IDEAS International Camp Education, Catholic Diocese of Hong Kong, Breakthrough, Mothers of Preschoolers, Crossway Church, Syndal Baptist Church, Beijing International Christian Fellowship's Counselling Ministry, etc.



Designer and Patent Holder of Motion Emotions board game, which received a HK\$1 million BUD grant from the Hong Kong SAR Government.



Interviewed by Hong Kong's best parenting magazine "Smart Parents", "China Parents" magazine, "Beijing Jing" children's magazine, IDEAS International Camp Education and the University of Hong Kong MBA Alumni Magazine, etc.