

# How play therapy works?

Therapy sessions take place at the same time each week, and in the same space, often this will be at school. It is child-centered play therapy, and non-directive, though sometimes I will integrate direct activities depending on the needs of the child.

Some families and individuals may have as few as 12 sessions; however, many require longer-term intervention to establish positive progress and therapeutic change.

At the beginning of the intervention, there is an intake process consisting of:

- Brief free phone/video call consultation (to provide information and to help decide if play therapy is the right thing for you and the child).
- Consultation with the family (without the child) or with the adult to gather background information.
- Consent documentation to be completed.
- A family visit, where the child visits the play room with family member(s) for a 50 min session with the therapist. This session is for the child to meet the therapist, be in the playroom space, and take part in a couple of play-based activities with their carer.
- This is followed by the play therapy intervention, including parent(s)/carer(s) reviews.

Email Play Refuge for further information and to make a referral.

# Therapeutic Life Story Work

Therapeutic Life Story Work is a therapeutic intervention for children and young people who have been removed from the care of their family and may have lived in multiple places, be at the end of a long term care arrangement, or display behaviours that are linked to their unresolved past experiences.. Their life history may impact hugely on their well-being and make the child very vulnerable in their present and future.

Please contact Play Refuge for further information.



# Resources



Play Refuge provides a library for children and young people as an additional service to play therapy.

In addition, books and other resources for children, young people and professionals are available on [www.playrefuge.co.uk](http://www.playrefuge.co.uk)

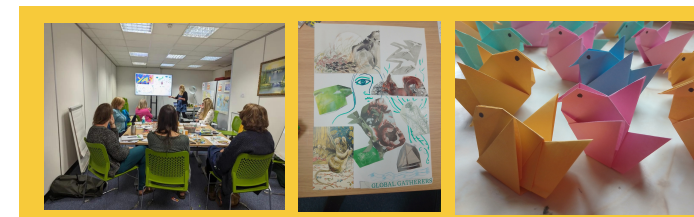
# Training for professionals



I can develop personalised training for professionals. I have delivered training on an introduction to play therapy, PACE (an approach developed by Dr Dan Hughes, (Playfulness, Acceptance, Curiosity and Empathy), and play therapy with individuals who are refugees or seeking asylum.

If your workplace is interested in training in these areas or would like to enquire about another aspect of play therapy, please do contact me. I can deliver bespoke courses and sessions for your organisation's needs.

If you work in children's services, children's centres or a school (or related provider) and would like a brief presentation for your staff to gain an understanding of what play therapy is and how to do referrals, please contact me [freyahhoward@icloud.com](mailto:freyahhoward@icloud.com) to discuss.





## Play Therapy

Play and Creative Arts Therapy helps children to explore through their natural medium of expression, play (Landreth, 2002). These include expressions of worries, fears and confusion. Play and Creative Arts helps children to learn about their own thoughts and feelings, make sense of them and reduce the fear. This makes the thoughts and feelings easier to handle and helps the child to feel and be understood, as they communicate through play instead of through words.

In play, the child is given a safe space and time to express themselves, including more difficult thoughts and feelings. The child builds their own self awareness and ability to make decisions, thus expanding these creative skills, as they make sense of their responses in the past and gain understanding of their present (Hutchinson, 2021).

I have experience in anxiety, loss, bereavement, trauma, abuse and neglect, behaviour difficulties, Autism, ADHD, attachment disorders, school issues, children who are looked after, adopted and children and young people who are seeking asylum or have refugee status.



Hello! I am Freya (she/her)  
I am a BAPT Registered Play Therapist; this includes Creative Art Therapy within my therapeutic practice. I am a Play Therapist, Therapeutic Life Story Work Practitioner and DIRFloortime® Facilitator, founder of Play Refuge.

Prior to play therapy, I worked for a number of years as an English-as-a-foreign language teacher in the UK and abroad, along with international charity work. I have a particular interest in supporting children and their families who are seeking asylum or are refugees.

Please visit [www.playrefuge.co.uk](http://www.playrefuge.co.uk) to find out more.

## Contact Us



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[www.playrefuge.co.uk](http://www.playrefuge.co.uk)



Play Refuge



Play Refuge



# PLAY REFUGE

Child-Centred Play & Creative Arts Therapy  
in Warwickshire, Birmingham and  
Gloucestershire

