



Welcome to Little Life Warriors Play Therapy. Below, you will find some details about Child Centered Play Therapy.

### **How can I explain to my child the reason for their visit?**

- Let your child know that they will visit a unique playroom to see the therapist. Portray the playroom as a space where they can freely select activities. If your child inquires about the reason for the visit, explain that having a designated play area can provide support during challenging situations at school, home, with friends, or amidst changes at home. Customize this approach according to your child's age, situation, and needs.

### **Play Therapy Session Details**

- Your child's Play Therapy sessions are scheduled either weekly or fortnightly, with each session lasting 45 minutes.
- A 1-hour slot is dedicated to your child's appointment to allow for smooth transitions, discussions, and packing up.
- The frequency and duration of sessions are tailored to your child's developmental stage and specific needs, which will be determined during the initial meeting.
- Maintaining consistency in appointment times is essential to provide your child with a sense of predictability and security during their playtime.
- While we aim to be punctual, occasional delays may happen; in such cases, we will extend the session to ensure your child gets the full allocated time.
- If you are running late for a session, we will end at the scheduled time unless a rescheduling arrangement has been agreed upon in advance.

### **Parental Involvement during Play Therapy Sessions**

- In the beginning, we kindly ask you to stay in the waiting room for the initial few sessions and then touch base with the therapist.
- If your child is calm and settled, you can take a short stroll while keeping your phone close by for accessibility.
- If your child needs hands-on help with toileting, we request that you stay in the reception area as our therapists are unable to assist with this.

## **Post-Session Communication with Your Child**

- Instead of asking direct questions about the playroom experience, respond positively to what your child shares.
- Encourage your child's self-expression without delving into probing questions, honoring their comfort level in discussing the session.
- When your child shows you artwork, appreciate their effort and time invested rather than concentrating on the aesthetics.
- Every creation in Play Therapy is valuable, regardless of its appearance, as it represents a meaningful expression from your child.

## **Concerns about Child's Progress**

If your child is encountering difficulties at kindergarten, preschool, or school, we are here to assist you by collaborating with teachers and other professionals in your child's life. This partnership enables us to explore the advantages of Play Therapy and acquire a deeper understanding of your child's academic, emotional, psychological, and social welfare. Prior to any communication, we will need your written consent to engage with the teacher and other professionals. Your comfort and comprehension are our main concerns, and we will offer feedback after these discussions.

## **Payment Process for Play Therapy Sessions**

Typically, an invoice is created within seven days, and you can discuss payment options with your therapist. If you are using NDIS funding, payment information will be specified in your service agreement.

## **Requesting a Progress Report**

You have the option to ask your therapist for a comprehensive report summarizing your child's Play Therapy progress, journey, and recommendations for continued support. These reports are created based on an hourly rate, and the completion timeframe will be arranged with you beforehand. For prompt delivery, kindly request reports with ample notice. In case of urgent requests, accommodations can be made depending on your therapist's schedule.

## **Teaching Play Skills**

Our Play Therapy approach is centered around children, encouraging them to communicate through play, where toys act as their language. This counseling style, which is non-directive, aids children in managing their emotions and boosting their self-assurance, autonomy, and self-understanding. As children engage in this therapeutic journey, they naturally acquire

social skills and age-appropriate play behaviors without explicit instruction on play techniques.

### **What communication can I/ we expect regarding my child's Play Therapy sessions?**

- Following the initial Play Therapy session, your therapist will reach out to share feedback on your child's progress and inquire about their well-being post-session.
- A comprehensive parent consultation will be scheduled after every 6 Play Therapy sessions or upon request.
- If any traumatic, concerning, or potentially disruptive events occur between sessions, kindly notify your therapist via phone or email.
- We value being informed about any positive changes observed in your child.
- Please avoid discussing the week before or after your child's Play Therapy session as it is their special time.
- For any concerns or questions between parent consultations, feel free to contact us. If the therapist is unavailable, leave a message for a prompt response.

### **What can I expect for my child in Play Therapy and will I be informed about their play activities?**

- Every child is unique, so the Play Therapy approach will be customized to meet their specific needs and background.
- Although there are typical stages in the Play Therapy process, we will talk about them in the context of your child.
- Themes noticed during sessions will be communicated to you, along with advice on how to assist your child during their Play Therapy experience.
- To respect your child's freedom of expression, detailed accounts of their play are usually not disclosed.
- Play Therapy concentrates on fostering your child's inner development and growth, striving to nurture this aspect during the sessions.

Feel free to reach out with any further queries or concerns.

### **Child-Centered Play Therapy: A Closer Look**

- Non-directive child-centered play therapy (CCPT) is a structured therapeutic method that capitalizes on children's innate communication and learning mechanisms.
- Play therapists employ play therapy to assist children in expressing their concerns when verbal communication is challenging.
- Within play therapy, toys act as the child's vocabulary, and play serves as their way of communication.
- Originating in the early 20th century, play therapy entails therapists guiding children to confront and resolve their own issues.

- Through participation in play therapy, children enhance their communication skills, express emotions, adjust behaviors, improve problem-solving abilities, and cultivate relational skills.
- Play provides children with a secure environment to delve into their emotions and convey age-appropriate thoughts.
- While play therapy is ideal for children aged 2-12, adolescents and adults have also found value in play techniques.
- Studies demonstrate the efficacy of play therapy in addressing various social, emotional, behavioral, and educational challenges. Children facing life stressors such as divorce, death, relocation, illness, abuse, violence, or disasters can benefit from play therapy.
- On average, a child may require approximately 20 weekly play therapy sessions, with parental involvement enhancing the process as indicated by research.

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