



THE LITTLE PLAY THERAPY COMPANY
MAKING SENSE OF BIG EMOTIONS

Play Therapy in schools

What is Play Therapy?

Play Therapy is an integrative holistic non-directive therapeutic intervention that helps children to understand their emotions. It gives them the tools to make sense of their difficulties and experiences. Play Therapy offers a safe environment where the child can express their feelings and help them discover their own potential to help themselves to heal.

Play Therapy is an evidence based practise that can help children alleviate behavioural, emotional and mental health difficulties and often help children to access their learning with more ease, increase their confidence and boost self esteem.

Often for children using words to talk about how they are feeling can be very difficult. Play is a child's natural form of self expression therefore using play to express feelings and experiences can be a much easier form of self expression and communication.

How does Play Therapy benefit schools?

Research shows:

- Between 77% and 84% of children show a positive change through the use of play and creative arts therapies.
- Improved social, emotional and communication skills
- Improved healthier relationships between peers and staff.
- Increases with school attendance

Who is play therapy for?

Play therapy can help with a variety of needs

- Anger
- Bereavement
- Parent Separation
- Low self esteem
- Supporting transitions
- Anxiety
- Trauma
- Family and Peer relationships
- School refusal/ low attendance
- nightmares
- selective mutism
- Support for ASD and ADHD

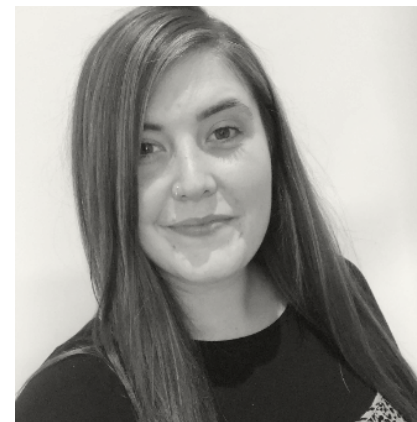
About the sessions

Play therapy is child-centred so there is no set time limit to the sessions. This will vary based on the individual need. some children benefit from short term work (12 sessions) or group work and others long term work.

Play Therapy sessions take place on the same day at the same time each week in a confidential room to enable a safe and consistent approach.

I will work from the school and provide all of the creative resources needed for the duration of the therapy. I can provide a bespoke full day or half day package to suits the needs of the school. Please contact me to discuss this in more detail.

About me



Jade Tebutt

I am a qualified certified play therapist and hold a Post Graduate Diploma in Play and Creative Arts therapy. I can be found on the (PSA) professional standards Agency register of Play and Creative Arts therapists. As a PTUK registrant, I adhere to the PTUK ethical framework

I work in and around the Rutland and Lincolnshire area, providing 1:1 Play therapy sessions, group play therapy sessions and CYP creative counselling sessions within schools.

Contact

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