

Family Mental Fitness North East

Programme Overview Minecraft® Therapy



EYFS	KS1	KS2	KS3	FAMILIES
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Minecraft® Therapy uses the Ellie Finch therapeutic model to engage teens in goal-focused, creative play within a familiar virtual world. Sessions take place side-by-side with a trained facilitator and are carefully structured to support emotional wellbeing, communication, and flexible thinking.

Delivery is dependent on access to suitable technology (laptop, stable internet connection, and Minecraft® Java Edition).

Purpose

To use a motivating digital platform to support emotional expression, communication, and problem-solving in a safe, guided setting tailored to neurodivergent teens and those with SEMH needs.

Impact

- Builds emotional awareness and resilience through play
- Encourages communication, cooperation, and turn-taking
- Supports confidence and creative thinking in a non-threatening format
- Provides a therapeutic outlet that feels familiar and fun

Outcomes

- Greater confidence in social interactions
- Improved self-regulation and collaborative problem-solving
- Increased ability to express ideas and emotions calmly
- A sense of pride and ownership over creative projects

Example Session Structure

Each 1:1 session includes:

- A shared Minecraft® world with a therapeutic theme (e.g., “calm base,” “emotion maze,” “friendship forest”)
 - Side-by-side gameplay and natural conversation, supported by gentle prompts and goal setting
 - Reflection at the end with screenshots, journaling suggestions, or a new challenge
 - Optional printout or digital copy of their creation to share at home
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Group Size

- One child per session
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Session Duration

12 × 30-minute sessions

Cost Per Session

Schools and Public Bodies: £63

Subsidised for families: £31

For Funders

Fully funded cost per 12-week programme: £888

(£74 per user per session)

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

Version: 1.0

Approved by: Director

Date: 19/08/25

Review Date: 19/08/26