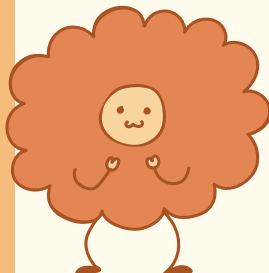# Stay Safe

You can choose what to play with, what to do and what to say in the Therapy room with the therapist.

Your therapist will explain.

It is important to stay safe by not hurting yourself, the therapist or the things around you.

How many sessions will I Have?

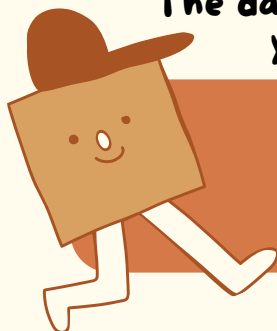Your therapist will tell you how many sessions you will have.

It is usually 12 - 16 Sessions.

Important information

The day and time you see your therapist is...

Your Therapist will see you at the same time each week.

She will let you know if there are any changes.

Your therapist will collect you from reception.

Your session lasts 40 - 45 minutes.

Important information about your therapist.

BACP registered Integrative and creative art and therapeutic play based child and adolescent counsellor.

BACP Registration details:
Kirsty Hartgrove - 373997

What you need to know about

Creative Art Therapy

Kinsley Hartgrove

Registered BACP Creative art and therapeutic play counsellor

Please read this information leaflet to your child before they come to their first therapy session.
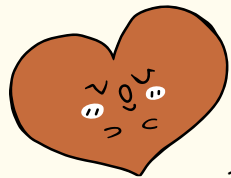
What does a Creative Art therapist do?

We are trained to work with children to help them explore their feelings and cope with tricky situations.

They use lots of art and play materials so there is no need to talk if you do not feel able.

The things we can do may include:-
Art
Sandtray
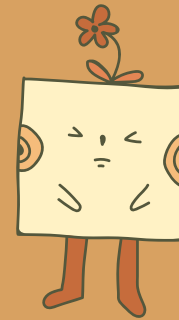Games
Drama
Puppets

and much more!

Why do I need to see a therapist?

Help you cope with big feelings like:

Saddness
Anger
Worried
Frustrated

Sometimes things happen and we need help sorting out the muddled feelings afterwards.

There are many reasons someone may see a therapist.

Can I talk about my therapy sessions?

Therapy isn't a secret.
You can talk about what you are doing in these sessions if you want to.

Therapy is just for you.

How you play and what you play is between you and your therapist.

But sometimes they will have to speak to other grown-ups if they are worried you are not safe.

Who is my therapist?

Kinsley Hartgrove

Hi, I'm Kinsley.

A Bit About Me...

I am a mum to 5 children.

I am creative, fun and friendly.

I love reading, writing poetry, singing, painting and crochet

I am really looking forward to seeing you!