

## PLAY THERAPY FAQ - PARENTS / CAREGIVERS

### ❖ DO I ATTEND SESSIONS WITH MY CHILD?

Play therapy sessions are usually delivered 1:1 with the therapist and the child. This assists the development of the therapeutic relationship as the child and the therapist form a relationship built on mutual trust and respect. However, there is always an exception for children that may require additional support to transition into the play therapy room as their emotional wellbeing is always the priority.

#### **Parents / caregivers are required to stay onsite during sessions.**

Some children may experience challenging feelings during play therapy and require the support of their safe person. Sometimes children may also decide to conclude sessions early, the therapist will always attempt redirection strategies but never force a child to continue a session. Additionally, younger children may require assistance with toileting and the onsite toilet can be challenging for them to use independently.

#### **Please no food is to be brought to play therapy sessions.**

Due to health and safety requirements surrounding allergies and cross contamination of the toys, it is important that food is not brought onsite. Parents / caregivers are welcome and encouraged, to have snacks in their car for after the conclusion of the session. This often this supports the transition out of the playroom for children that have difficulty with ending sessions. Children are always welcome to bring a water bottle, transition support item / toy from home if this aides in their comfort in the playroom.

### ❖ WHAT WILL HAPPEN DURING PLAY THERAPY SESSIONS?

The therapist will collect your child from the reception at the session time, play therapy sessions run for **45 minutes**, and your child will be returned to the reception at the conclusion of the session. Your child may get messy with sensory or art and craft play, please take this into consideration when selecting clothing choices.

#### **After sessions:**

Remember, your child may be processing complex emotions or feelings during play therapy. Subsequently, the session may not have been fun or enjoyable. The child is free to share their session if they wish, however, it is best to allow this process to come freely. Behaviour may fluctuate over the week as they continue to process things expressed or discovered through their play therapy session.

### ❖ WILL I RECEIVE SESSION NOTES?

Excluding onsite observations at childcare, kindergarten, or school, or purely “Learn to Play” directive play therapy sessions, clinical notes are not issued. Unlike other therapies, humanistic play therapy sessions are considered confidential. However, if any issues or concerns arise during the session, the therapist will get in contact to discuss via phone as soon as possible.

### ❖ HOW WILL I BE KEPT UPDATED ON PROGRESS?

Parent / caregiver meetings will be held after every 5-6 play therapy sessions. Parent review meetings run for around one hour, the child does not attend the meeting, to allow for things to be discussed freely. Parent review meetings are usually offered virtually via phone call or Teams Meeting, however, can be offered in clinic where availability arises.

In the meeting, play themes that have emerged during sessions will be broadly discussed. This additionally assists the therapist to develop further insight in the consistency of themes across environments whilst keeping updated with any family or behavioural changes. In addition, the therapist encourages parents / caregivers to send through any important updates via email or a brief text message. Keeping informed greatly assists the therapist to provide the best and most appropriate, therapeutic support strategies for your family.

### ❖ ILLNESS

Blossoming Minds Play Therapy has a strict **72-hour exclusion period** for gastro type illnesses, Covid, or Influenza. This includes any family members who would be attending the clinic. It is important for the health of the therapist and other families attending the clinic to reduce the risk of spread of these highly contagious illnesses. Please do not bring your child to play therapy if they are symptomatic, have a fever, or look poorly.

### ❖ CANCELTION POLICY & HOLIDAYS

**2 clear business days' notice** is required for any cancellations or full fees apply.

Please note, public holidays and weekends are not considered business days. The therapist will always attempt to fill the placement prior to issuing a cancellation charge, however, this is not always possible. If your child has an upcoming holiday or event where they can not attend their regular scheduled time, please provide as much notice as possible via email or text message.

### ❖ NEED TO CONCLUDE PLAY THERAPY?

Sometimes circumstances change, funding runs low, or the child may be ready to cease play therapy. Please provide the therapist with **2 weeks** written notice via email or text message to conclude your child's ongoing play therapy placement. Additional notice is appreciated so that therapeutic endings can be introduced to support your child's transition out of play therapy and not to have an abrupt ending.

**TO STAY UP TO DATE, PLEASE FOLLOW BELOW.**

