



## Play therapy

This year we have a trainee play therapist based at Stibbard on a weekly basis.

The play therapist runs individual and group sessions. These sessions take place at the same time every week and will be set up initially for 12 weeks if individual or 6 weeks if in a group.

There is a room in the school which has been set up as the playroom for use that day.

The playroom has a lot of resources in it that can be used during the sessions which includes art and crafting materials, construction toys, role play items, puppets and miniature figures.

Play Therapists use art and play in sessions for when it is hard to put thoughts and feelings into words.

They then reflect on the artwork or play together, and come to understand what was being expressed and what is happening for the child.

Parents are part of initial meetings and are also invited to review meetings and a summary meeting.

Click on the link below to find out more about play therapy.

<https://playtherapy.org.uk/for-parents/>