



If you aren't happy with our service...

If you would like to tell us about something about eQuiPT that you are unhappy with or would like us to change, we want to hear what you have to say. You can tell us in a few different ways:-

On our website you can send us a message <https://www.equiptherapy.com/contact>

You can complete this form and post it in Comment Box in our waiting area

You can speak to one of us (we can write down your complaint)

Or you can complain to

Ofsted

Piccadilly Gate

Store Street Manchester

M1 2WD

Phone: 0300 123 1231 Email: enquiries@ofsted.gov.uk Website: www.ofsted.gov.uk

eQuiPT Therapeutic Service
Please contact us for more information

**We are based at: 12 Churchfield
Court, Barnsley. S70 2JT**

Email: equiptherapyservice@gmail.com

Tel: Sandra Georgeson 07742 687 261

Tel: Suzanne Lester 07815 494 712

<https://www.bapt.info> <https://www.baat.org>

eQuiPT Therapeutic Service

*Limited
Adoption Support*

*Children's Guide to
Play & Art Therapy*

What Are Play & Art Therapy?

Play and Art Therapists are trained to help children who have some kind of problem in their lives. When you hurt yourself on the outside you feel sad so the people that care for you might put a plaster on the sore bit or take you to a doctor to make you better. The job of a Play and Art Therapist is to help children who are hurting on the inside, with their feelings.



Why Am I Going To See A Play Or Art Therapist?

A Play or Art Therapist has been asked to see you because you feel sad or angry or scared about something, or perhaps because something horrible has happened. Maybe you can't help fighting or crying or you feel bad about yourself. Sometimes it is hard to talk about your feelings so your Therapist will try to help you feel better without you having to explain things. That's because children play out or use creative ways to express their feelings better than they talk about them.

What Will My Therapist Do?

Your Therapist will meet the grown ups who know you best to find out how you are and plan how to help you. Then you and your Therapist will play and create and make art together, so you can get to know each other. Your Play or Art Therapy sessions will usually last about an hour and happen at the same time and in the same place each week.

If you have any questions you can ask your Therapist or you can ask your Parent or Carer.

Will My Therapist Tell Other People What I Have Been Doing?

When you first meet, your Therapist will talk to you about what is private and just between the two of you and what they might sometimes need to share with other people. Your Therapist won't tell anyone the actual details about what you have played or talked about, but sometimes they will need to talk to a grown up about how you are. Your Therapist will have to tell other grown ups if they are really worried about you – it is really important that other people get to know if you are not safe. Your Therapist will want to talk to you about this.

Will I Have To Keep It Private Too?

That's up to you – Play Therapy isn't a secret. You can talk about what you've been doing to anyone you want to, but you don't have to. If you feel like keeping it to yourself, that's OK.

How Will Play Or Art Therapy Help Me?

Your Therapist will help you to understand your feelings while you play, create or even make a mess. Children's problems can get better when they understand their feelings. It might take a long time but in the end you and your Therapist will both feel ready to say goodbye and you will feel able to manage without them. This ending bit might feel hard but your Therapist will help you with this.



How Long Will I Have Play & Art Therapy For?

Some children will have just a few sessions; maybe about 12 and others need longer, especially if they have felt upset for a long time or if horrible things have happened to you in the past. You will have a session once a week, usually on the same day and at the same time if possible. Your Therapist will give you a chart so you know how many sessions you have left.