



# 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](mailto:enquiries@ofsted.gov.uk) Website: [www.ofsted.gov.uk](http://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](mailto:equiptherapyservice@gmail.com)**

**Tel: Sandra Georgeson 07742 687 261**

**Tel: Suzanne Lester 07815 494 712**

<https://www.bapt.info>

<https://www.baat.org>

## *eQuiPT Therapy Services*

### *Adoption Support*



## *Adult Guide to Play & Art Therapy*

### *What are Play & Art Therapy?*

Play & Art Therapy can help children understand muddled feelings and upsetting events that they haven't had the chance to sort out properly. Rather than having to explain what is troubling them, as adult therapy usually expects, children use creative and playful ways to communicate at their own level and at their own pace, without feeling interrogated or threatened.



### *How can Play & Art Therapy Help my Child?*

Play & Art Therapy help children in a variety of ways. Children receive emotional support and can learn to understand more about their own feelings and thoughts. Sometimes they may express in art, mess making or play out traumatic or difficult life experiences in order to make sense of their past and cope better with their future. Children may also learn to manage relationships and conflicts in more appropriate ways. The outcomes of Play & Art Therapy may be general e.g. a reduction in anxiety and raised self-esteem, or more specific such as a change in behaviour and improved relations with family and friends.

### *What will happen in my child's Play Therapy sessions?*

Your child's Therapist will have a large selection of materials from which your child may choose. These may include art and craft materials, dressing up props, sand and water, clay, small figures and animals, musical instruments, puppets and books. The Therapist will enable your child to use these resources to express him or herself without having to provide verbal explanations.



### *How long does Play & Art Therapy take?*

Some children will respond to a short term intervention (for example up to 12 sessions). However, when problems have persisted for a long time or are complicated a longer-term intervention may be required. In these circumstances some Therapists have worked with children for longer periods. Sessions are usually once a week and consistency on a regular day and at the same time and place is very important for developing a trusting relationship. Unplanned missed sessions may disrupt the progress.

### *What does a Play & Art Therapist do?*

Play & Art Therapists receive extensive training in subjects such as child development and attachment (the bonding process).

They are also trained to use play, a child's natural form of expression, as a means for understanding and communicating with children about feelings, thoughts and behaviour.

Your Child's Therapist will begin by carefully listening to your concerns about your child and family. They will review their history and find out about the stresses the family have been through so that they can help your child make sense of it.



### *Why is the therapeutic relationship so important?*

The therapeutic relationship that develops between your child and their Therapist is very important. Your child must feel comfortable, safe and understood. This type of trusting environment makes it easier for the child to express his/her thoughts and feelings and to use the therapy in a useful way. It is also crucial that your child knows you are supporting the process.

### *Who will else will they talk to?*

Your child's Therapists may ask to seek information from school and other significant adults in their lives. An assessment is made of your child's strengths as well as their difficulties.

Your child's Therapist will talk with you about what to tell your child about their Play or Art Therapy and how to anticipate and answer your child's questions. You can also use our children's information leaflet for child friendly wording. They may work as part of a team of other professionals or independently and may suggest a referral for other professional intervention as part of the support. This might include support for you. Play and Art Therapists sometimes work with parents in the room with their child. Some specially trained Filial Play Therapists may train parents in how to relate better to their child using child-centred techniques.



### *How do I know the Therapist is Properly Trained?*

It is important that you choose a qualified Play & Art Therapist for your child. Our Therapists are fully trained and experienced. Play Therapists are full members of the British Association of Play Therapists (BAPT) and our Art Therapist are full members of the British Association of Art Therapists (BAAT). All our therapists are accredited by those bodies plus have ongoing regular clinical supervision of their practice and continuing professional development and have an up-to-date clear enhanced DBS check.

### *Will it be confidential?*

Information that you share about your child and family will usually be kept confidential. The Therapist may share information with other colleagues and professionals for the benefit of your child with your permission. A Play Therapist must share information with other professionals if they are concerned that a child is being harmed, hurting others or themselves. They will usually talk to you about this first.



Your child's Therapist will meet with you at regular intervals to discuss progress in therapy sessions and any changes and developments you have witnessed or experienced at home. However the Play Therapist will not disclose specific details of what your child has played. This is important in order to maintain your child's trust and feelings of safety with the therapist.

### *What can I do to help?*

You are very important in supporting your child through the process. Be consistent and encouraging to your child about attending sessions regularly. Resist the urge to ask your child what they did, as this will put pressure on them to comment on something they may have difficulty understanding themselves. Please don't ask your child to 'be good' or check they have been. Therapy is not about being 'good' or 'bad' and your child must feel free to express 'bad' feelings in an uncensored way. Don't insist that your child tell certain things: it is their time and they must feel free to express themselves at their own pace. Instead tell your concerns to the Therapist on a separate occasion.



Play & Art can be messy and it is helpful if your child can wear old clothes to minimise their anxiety about this. During any therapeutic intervention behaviour may appear to get worse before it gets better – please tell your child's Play/Art Therapist if you have any concerns. Please also feel free to ask your child's Therapist any questions throughout the process. You will be asked to stay close by during the Childs therapy session, this is in case your child asks for you or needs any support.