



Behaviour is communication

Children often use behaviour as a form of communication, especially when they lack the verbal skills to express their needs, desires, and emotions. The underlying causes of these behaviours can be diverse, ranging from environmental factors to internal emotional states. As caregivers and educators, it's crucial to support children in understanding and processing these difficulties.

What is Play Therapy?

Play Therapy is an effective therapy that helps children modify their behaviours, clarify their self-concept, and build healthy relationships. In Play Therapy, children enter into a dynamic relationship with the therapist that enables them to express, explore and make sense of their difficult and painful experiences. Play Therapy helps children find healthier ways of communicating, develop fulfilling relationships, increase resiliency, and facilitate emotional literacy.

Why is 'play' therapy the most effective form of therapeutic intervention for children?

Whereas adults may attend 'talk' therapy, play is a child's primary form of communication. Children tell us about their inner world through play long before they are able to link words to their experiences through language. Through play, they form a sense of who they are, whilst learning to understand that other people can be different from them. Relationship skills, such as being able to trust, respect, empathise, share, and co-operate with people, can be developed through play. Rather than children having to explain what is troubling them, as adult therapy usually expects, children use play to communicate at their own level and at their own pace, without feeling interrogated or threatened.

"Play is essential to development because it contributes to the cognitive, physical, social, and emotional well-being of children."

- Kenneth R. Ginsburg

Therapeutically supporting children with emotional and/or behavioural difficulties.

What are the benefits of Play Therapy?

- **Emotional Support:** Helps children express emotions and thoughts that might be difficult to articulate.
- **Behavioural Change:** Encourages the development of healthier behaviours and coping mechanisms.
- **Cognitive Development:** Supports learning and development through play-based activities.
- **Trauma Resolution:** Provides a safe space for children to work through traumatic experiences.

When to refer a child for Play Therapy:

- When a child exhibits signs of emotional distress, such as anxiety or depression.
- If a child has experienced a traumatic event and is struggling to cope.
- When traditional teaching methods do not meet the educational needs of a child with complex emotional and behavioural difficulties.
- If a child's behaviour is disruptive or they are unable to engage with peers or adults in a healthy way.

About me: Angharad Rees

BA (Hons) Prim. Ed. QTS, MA SEN, NPQH, MSc Play Ther.

With over 20 years of primary teaching experience, including 8 years as a head teacher, I have seen firsthand the difficulties many children face, coupled with the lack of provision available to support their emotional and mental health needs, and so I decided to embark on a new career and retrain in children's mental health.

At Turning Point, I am dedicated to nurturing the potential within every child. I am driven by a profound understanding of how early experiences shape a child's development. My work is rooted in compassion and the belief that every child deserves the opportunity to thrive, regardless of the challenges they encounter.



accredited register



☎ 07967 731 015 ↗ info@turningpoint.wales

🌐 www.turningpoint.wales

Turning Point Child Therapy LTD

Registered member of British Association Play Therapists
(for further information: www.bapt.info)

