

For schools and professionals

A specialised package can be arranged to suit the needs of your students, parents/carers and school community.

Choose from –

- Individual play therapy for a child. (Block of 12 weekly sessions) (1 clinical hour)
- Group play therapy sessions. (Block of 6 weekly sessions.) Works best with 4 or 5 children. (1 clinical hour)
- Or commit to a full day per week (term time) and we can arrange a flexible combination of therapy sessions, support for staff on strategies to manage challenging behaviours and direct work with parents in the home

For parents/carers

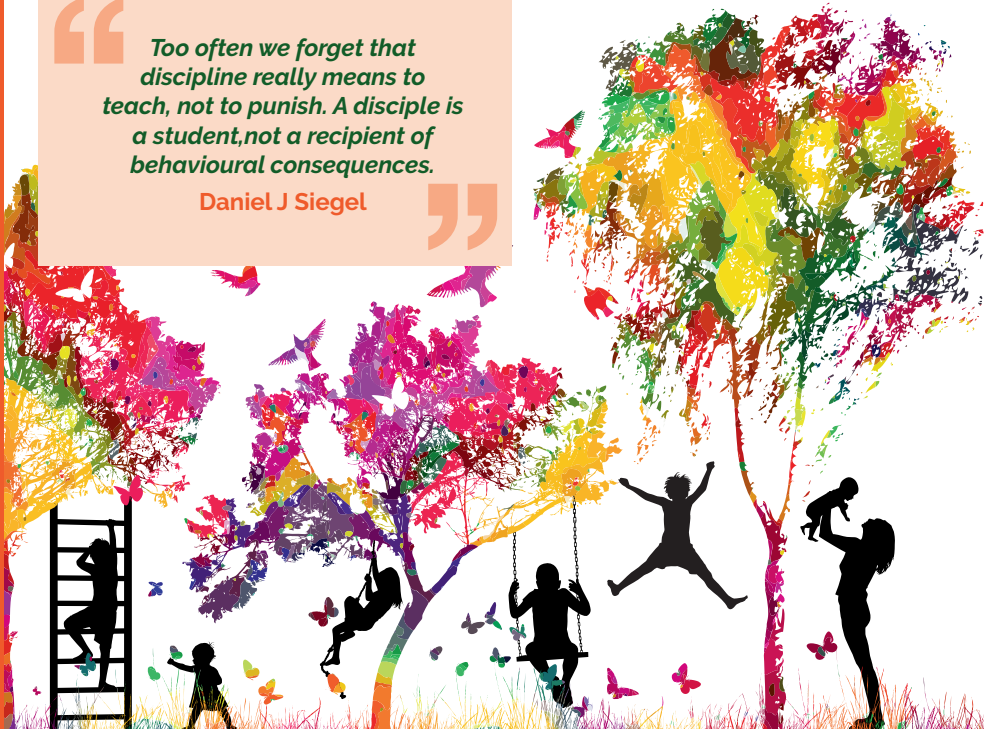
- A free consultation is offered to establish what support is required. Then an individual package can be arranged to suit your needs

Do you find yourself negotiating, bargaining or bribing? Are your child's tantrums difficult to manage? Do you start off well, but give in for a quiet life? You are definitely not alone! Parenting is the hardest job! There is no handbook, and even if there was, what works for one child will not work for another. There is no right or wrong way when it comes to parenting. Everyone has a different approach. At Express Yourself, your beliefs and style will be respected. We will work together to ensure you and your children are guided on a more harmonious journey.

“ Too often we forget that discipline really means to teach, not to punish. A disciple is a student, not a recipient of behavioural consequences.

Daniel J Siegel

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About me

I have been working with children and their families around the world for 25 years. I have sensitively supported a diverse range of parents and carers in multi – cultural environments. I am extremely sensitive to the complexities that families face and treat everyone with the utmost respect.

I am a fully qualified Play Therapist with a degree in Early Years. I studied child development and continue to be fascinated by neuroscience and brain development.

As a mum and step mum to 5 girls, I have first-hand experience of the ever-changing challenges faced when raising children. As parents or carers, we are constantly having to set and reset the boundaries, responsibilities, and freedom we allow our children. I am passionate about supporting adults to:

- Take time to **CONNECT** with their children
- Actively listen and be able to **REFLECT** so they can see things through the eyes of their children
- Create a relationship where **PACE** is at the core of a trusting relationship. (Dan Hughes)
- Support adults to be honest, but also kind to themselves, so they can **ACCEPT** the situation and become fully open to change

The ethos at Express Yourself is to ensure each and every client receives the same high-quality service. I am a reflective practitioner who continues to enhance my professional development. I have a current DBS, public and professional liability insurance and ICO registration. I comply with the Data Protection Act (2018) and GDPR.



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Express Yourself

Play Therapy & Parenting Coach

CONNECT • REFLECT • ACCEPT

**Support for children, parents,
carers and professionals**



What is play therapy?

Play therapy is a method of working professionally with children who have social, emotional, and behavioural difficulties through the medium of play.

Play Therapy is described by Garry Landreth (2012) as a dynamic, interpersonal relationship between a child and a therapist trained in play therapy procedures. The therapist provides the child with selected play materials and facilitates a safe relationship to express feelings, thoughts, experiences and behaviours through play, the child's natural medium of communication.

Landreth (2012) confirms this as a healing process for children whereby they "play out" their experiences and feelings and describes it as the most natural dynamic process in which children can engage.

The child is provided with a safe space, where they are accepted as they are. The child sets the pace and takes the lead. A range of carefully chosen toys and creative art materials are provided to allow the child to symbolically explore aspects of their lives, and of themselves, at a conscious or unconscious level, through play, metaphor and creative expression.

80% of children benefit from free play; they work through their problems in a natural way, using free play at home, at school and with friends. However, it is recognised that 20% of children are unable to do that. They need support to work on these unconscious processes, which interfere with their day to day lives and prevent them from reaching their potential. Play therapy allows them to express themselves freely to work through their problems.

Play therapy is a powerful process of self-acceptance and inner healing.



“*Play is the highest form of research.*”
Albert Einstein

Who is it for?

Play therapy works best for children aged between 3-14 years.

Do you know a child who:

- Is not realising their full potential – academically or socially?
- Has nightmares or has disturbed sleep?
- Is at risk of being/is excluded from school?
- Has suffered trauma?
- Has suffered emotional, physical or sexual abuse?
- Is or has been, or in the process of being adopted or fostered?
- Suffers because of separated/divorced parents?
- Suffers from anxiety, stress or phobias?
- Has suffered a loss or bereavement of any kind?
- Is withdrawn or frequently unhappy?
- Has an illness, a disability, or has autism?
- Finds it difficult to make friends?
- Quarrels frequently with peers or siblings?
- Bullies others or is bullied themselves?
- Displays inappropriate behaviour?
- Doesn't play?

“*Trauma compromises our ability to engage with others by replacing patterns of connection with patterns of protection.*”
Stephen Porges

Who can refer a child for play therapy?

Children can be referred by a parent/carer, teacher, medical professional or social worker.

What model is followed?

Express Yourself Play Therapy follows an integrative, holistic client – centred approach. Non-directive and directive techniques are used, depending on the client's needs.

Why choose play therapy?

Children do not have the cognitive, social or emotional maturity needed to fully engage in talking therapies. They continue to learn vocabulary and conversation skills well into adolescence. They therefore find it difficult to fully express their thoughts and feelings verbally.

The brain's natural reaction is to repress traumas or stressful events. Play therapy allows clients to access their unconscious processes in a safe space, where they are in control and can set the pace. Children are rarely aware that their symbolic play can relate to and represent their relationships and experiences. The therapeutic process allows healing and growth to take place.

“*Play is the child's natural medium for self-expression.*”
Virginia Axline



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