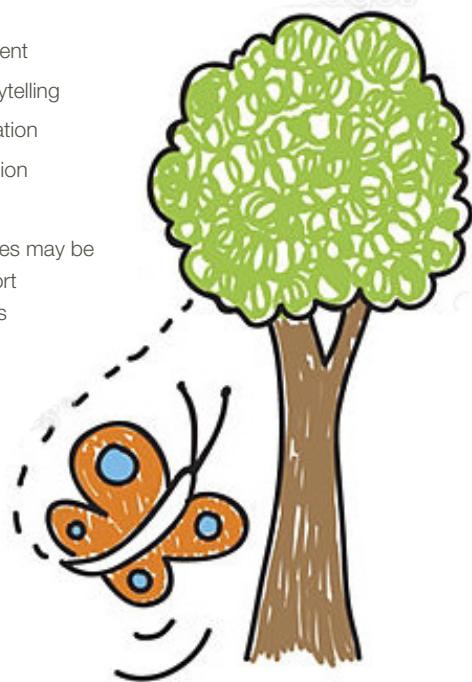


TOOL KIT

We offer a varied toolkit which combines traditional talking therapy with a range of creative art therapy tools, toys and games such as:

- Arts & Crafts
- Clay
- Music
- Sand Tray & Symbols
- Puppets
- Drama & Movement
- Therapeutic Storytelling
- Creative Visualisation
- Sensory Exploration
- Games

More directive activities may be offered to help support particular issues if it is deemed appropriate.



“

To ‘play it out’ is the most natural self-healing measure childhood affords.

ERICKSON

CONTACT DETAILS

For further details / referrals please contact

Rachael Gotham
Therapeutic Service Manager
TEL: 0789 1354 716

or

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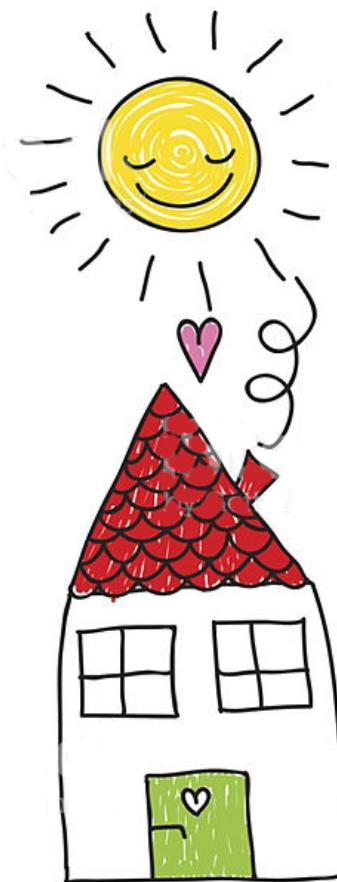
For more information on the background of play therapy, how it was founded, the research and theory behind what play therapists do, please contact PTUK.

www.playtherapy.org.uk



Cheshire
PLAY THERAPY
Services

Providing Therapeutic Services
in and around Cheshire



THERAPEUTIC SERVICES

ABOUT US

Cheshire Play Therapy provides a wide range of therapeutic interventions to support children, young people and their families. We offer a variety of therapies to ensure that children receive an approach that is best suited to meet their individual needs.

We work within a variety of settings including both the home and school environments.



THERAPEUTIC SERVICES

PLAY THERAPY

In the process of growing up children, like adults face challenges in their lives and sometimes need help getting through the tough times. However, often children do not have the words to describe what they are thinking or how they are feeling. Therapists' help children to understand muddled feelings and upsetting events and rather than having to explain what is troubling them children are able to use a wide range of play and creative art media to express themselves.

CREATIVE ART THERAPY

Children and young people often show their distress in their outward behaviour, offering creative art mediums alongside traditional talking therapy enables the young person to choose how to explore and express their thoughts and feelings in a safe therapeutic environment.

FILIAL COACHING

Filial Coaching helps strengthen and enhance the parent-child relationship and places the parent as the agent for change in their child's life. Therapists' work in partnership with parents and help train them in the basic principles of non-directive play. Parents practice and learn new skills and then use them in a special weekly play time with their child.

PARENT CHILD ATTACHMENT PLAY

This intervention also aims to strengthen parent-child relationships and teaches parents 3 attachment skills which are transferred directly into the family home. Parents are supported to set up weekly you and me times with their child and have access to a range of games and activities.

SENSORY INTEGRATION

Children who have undergone early trauma often have under developed sensory systems, sensory integration provides children with the opportunity to go back and re-address early developmental milestones.

WHO IS IT FOR?

Cheshire Play Therapy provides support for children and young people experiencing a wide variety of difficulties, including but not limited to the following:

