

Play Based Therapeutic Approaches

What are Play Based Therapeutic Approaches?

An approach which uses play to create an emotionally safe therapeutic environment that encourages children to explore and communicate their feelings. It supports relationship building and problem resolution for the child.

Who is this for?

- Children and young people aged 4-12 years (in some cases up to age 14).
- Those experiencing social and emotional difficulties.
- Who may have missed early play experiences.

How will this approach help?

Through play children are given the opportunity to process and explore difficult past or present experiences and safely express their feelings.

What will this involve?

- 6-8 weekly sessions in school lasting between 40-60 minutes.
- Consultations with parents/caregivers and school staff
- Specific target setting with review.



Play Based Therapeutic Approaches 10-14 hours of EP time