

# Long Term Play Therapy

## For children aged 4 to 12yrs old

### About us

An independent charity committed to providing a low-cost confidential counselling service. Our counselling team is made up of qualified counsellors and trainees in their last year of an advanced or postgraduate diploma/MA in counselling. All counsellors receive regular in-house supervision. As an Organisational Member of the British Association of Counselling and Psychotherapy we are bound by its Ethical Framework for Good Practice. We are also members of Youth Access and Community Barnet.

### Who is our counselling service for?

Children aged between 4 - 12 years old are offered play therapy. We have dedicated playrooms for this purpose. Children can experience emotional difficulties for many reasons when they are developing. Younger children have not yet developed the cognitive capacity to be able to understand situations they may experience in the same way an older child or adult would. Also, they may not have the emotional language in order to express themselves. This is why we offer play therapy. It allows the child to express themselves without words.

### How can play therapy help?

Play therapy is a way of working with children in which they express themselves through play and toys. Play is a natural form of communication, and we find that as a child plays in the session, the issues that are causing them distress emerge and can then be worked with. When our child therapists facilitate play therapy, they provide an environment where children experience safety which limits their problem behaviours, helps develop their self-confidence, and taps into their potential. They also learn to express and communicate feelings in an appropriate rather than destructive way.

## What can parents expect?

Initially we ask the parents/caregiver to attend a session with their child's allocated therapist to give a detailed history of them. Your child will then have four sessions with the therapist. A further meeting will then be held with the child, therapist, and parents/caregivers. Together it is decided whether the child will continue or have one or two sessions to end. Regular attendance is important. We rely on parents to recognise this and bring their child along at the agreed times.

## What about Confidentiality?

It is important for children to be able to trust their counsellor. For this reason, we offer them confidentiality. It is explained to them in their terms that child protection issues are an instance when confidentiality is not offered. This will be explained to parents/carers more fully when they meet with their child counsellor.

## Will I have to pay?

Yes, there is a cost to this service as we do not receive full funding for our longer term work. Each session costs the charity £55 to run, we ask those who can to cover this cost, or to contribute as much as they can towards it. We are happy to offer concessionary rates for those who need it. What you pay will be decided during the first session with you, or prior to that by phone if appropriate.

## Is there a waiting list?

Due to high demand for this service sometimes it may be necessary to put you on a waiting list and we will contact you when a place becomes available.

The more availability you have the quicker you will be seen.

People are offered places on a strictly first come first served basis.

## How can I see a therapist at Rephael House?

Go to our website at [www.rephaelhouse.org.uk/Referral](http://www.rephaelhouse.org.uk/Referral) to complete a self-referral form (Low cost services)

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