

CONTACT US

07549 020693

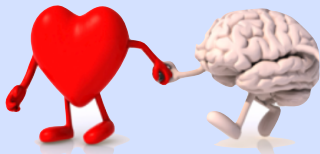
heartsmarttherapy@gmail.com

www.heartsmarttherapy.uk

Contact for a free 30 minute
consultation with no obligation



Like and follow our supportive
posts on Facebook



HeartSmart

**Creative Arts Counselling and
Play Therapy CIC**

A Guide for Parents

Children need to express their feelings and concerns, and it is often more natural for them to use the 'language' of play with activities such as drawing and painting, making music, using puppets and games to express themselves. This approach to therapy provides a gentle safe way to help children and young people work through things that are bothering them, and to make sense of their life experiences.



When children are able to communicate their thoughts, needs and feelings, they feel understood and often feel and behave better.

Play and Creative Arts Therapy can help children to:

- Develop responsibility for behaviours and more successful coping strategies
- Develop new and creative solutions to problems
- Develop respect and acceptance of self and others
- Learn to experience and express emotion safely
- Cultivate empathy and respect for thoughts and feelings of others
- Learn new social and relational skills
- Develop self-efficacy and this self-confidence

What happens during a session?

Your child attends a 45 minute session at the same time each week that suits you at the designated place. Your child can then choose activities as they wish in an unrestricted way that may, or may not combine with talking. There are as few rules as possible, and as many as needed—primarily concerned with maintaining safety. The therapist's task is to build a trusting relationship with your child, with consistent warmth, empathy and respect.

The therapist interacts with them in their chosen activity, following their lead and helping them to make sense of their world and to develop effective and healthy strategies. Symbolic and fantasy play with its use of metaphors creates new experiences that develop the brain, resulting in healthy social and emotional development.

How can I support my child?

Even though you are not directly involved in your child's sessions, you have a key role in helping the process along. You can help by passing on as much information as possible about your child's past and present circumstances. This will enable me to know how best to help your child. You are welcome to contact me at any time to discuss the concerns you might have for your child and to ask any questions.

