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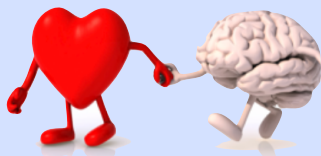
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Contact for a free 30 minute
consultation with no obligation



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**Creative Arts Counselling and
Play Therapy CIC**

**A Guide for Children
and Young People**

When grown ups have problems they sometimes talk to another grown up who is trained to help them. Many children don't find it that easy to talk about their problems but they are very good at playing and being creative in all sorts of different ways.

Creative Arts and Play Therapy is a time each week for you to create and play however way you choose, working with me to find ways to help you sort out your feelings, worries and muddles as we go.



If you are reading this leaflet, it's probably because you or someone else thinks you would find it helpful to have some sessions. Anyone can have problems and difficulties that seem too big for them to manage. Things sometimes happen that upset us or make us angry, sad, worried or frightened.

When children are able to communicate their thoughts, needs and emotions, they feel understood and often feel and behave better. We may be more able to:

- Have ideas that help us solve difficulties
- Understand and get along better with friends and family
- Explain how we are feeling
- Learn new skills in talking and listening
- Feel more confident
- Control our behaviour

What happens when we meet?

You will come for 45 minutes each week and spend that time playing and making in any way you choose. There are lots of different activities to choose from whatever your age.

You will have a box to keep things in that you have made or done. It will be kept safe for you until you have finished work with me and then you can decide what you want to keep. You can choose who you want to tell about your sessions, or you don't have to tell anyone. We will tell the adults how you are getting on but not about the specific things said or done unless this would not be safe. If this is needed, you will be told.



We will meet every 6 weeks or so with your parents to see how therapy is helping you. If you want to, you are welcome to talk about your sessions at these meetings.

As everyone is different, each person takes different times to do their therapy work. Maybe it will be a short few weeks, and maybe we will work together longer—the time it takes will be right for you.

