

## **Information about Nest Play Therapy for Parents/Carers and Referrers**

This document gives information that will be helpful for any parents, carers or referrers that are considering play therapy for their child.

### **Child Centred Play Therapy**

Child Centred Play Therapy is an alternative to counselling for children. It is based on the theory that play is the primary language of the child where the toys are the words a child uses to express their inner emotional experiences and how they experience the world. It offers a way of working that allows the child to take control, is minimally intrusive, and allows the possibility of exploring issues and concerns important to the child. It is well researched and recognised as a successful early intervention for children's emotional and mental well-being.

Play Therapy is non-directive children are free to communicate their thoughts, feelings and behaviours in their own way, at their own pace, using creative and play media. For children words can be too difficult to find, so there is no pressure to talk about their difficulties.

The therapist supports the child by establishing a warm, accepting and trustworthy relationship with the child. In the therapeutic relationship, the play therapist helps the child to manage overwhelming feelings, make sense of their experiences and find positive ways to regulate arousal and anxiety through playful interaction, which can improve self-regulation and social skills.

For more information about child-centred play therapy please see the British Association of Play Therapists (BAPT) website: <https://www.bapt.info/play-therapy/what-is-play-therapy/>

### **Intake Process**

Prior to submitting a referral, I am happy to offer a free, short meeting—either online or in the playroom—to discuss in more depth what play therapy is and what it entails. Once the referral has been sent through, I will contact the referrer to either confirm that I have space, confirm if they'd be happy to be on the waiting list or signpost to alternative providers.

The next step in the process is the intake meeting with the parents or carers. During this meeting, we will discuss the child's current needs and reasons for

referral. I will also ask questions about the child's history, family, and current behaviours. The more information that can be shared, the better as this gives me a clear picture of the child's background. In addition, I will answer any questions about play therapy and share information about consent and how to support the child throughout the therapeutic process. Consent forms and SDQs will be provided and must be returned before any therapeutic work can begin.

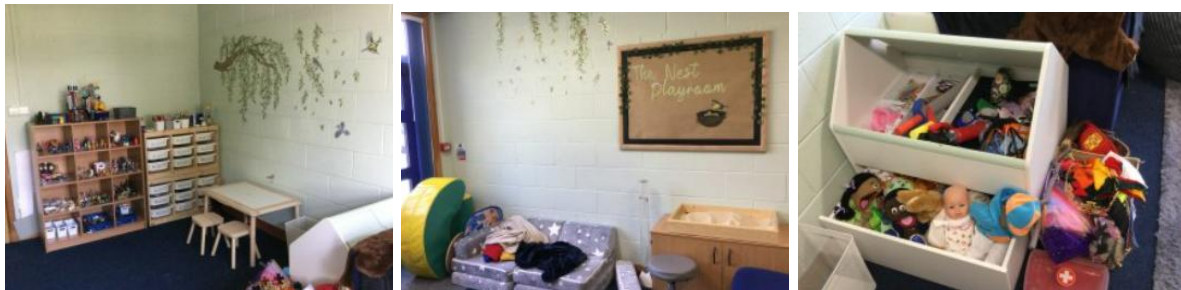
In the case of looked after children, I will need written consent from their social worker.

### **Family Session**

An optional family session is offered before the therapeutic work begins. In this session, the child and parents or carers meet with the therapist. The therapist explains what play therapy is and why the child is coming to see them during the meeting. It is also a chance for the child to see where they will be going for play therapy and for the therapist to answer any questions the child may have.

### **Play Therapy Sessions**

Sessions are typically 50 minutes long similarly to counselling sessions. Sessions will be held at the same time each week in a dedicated playroom. This playroom is located within Staverton CofE Primary School. It is away from most of the classrooms and is a private space within the school. The playroom contains lots of creative media such as paint, paper and craft materials, sensory materials, sand tray and figures, role play items, building materials and much more.



### *Holidays*

I normally deliver play therapy sessions during term time. However, due to the length of the summer holidays, I can offer private clients a session on the first and last week of the summer holidays.

### *Length of Sessions and Endings*

Sessions can either be a fixed length or open ended. The absolute minimum number of sessions offered is 12, but the recommended minimum sessions is 18 sessions. Please note that children with significant trauma tend to require more sessions as it can take a longer time to develop trust with the therapist. If the session length is open ended we will agree together when we feel the time is right to end the sessions. The ending process is important to consider when finishing play therapy and will need at least three sessions to create a positive experience of finishing play therapy.

### **Contact with families and schools**

Approximately halfway through the play therapy sessions, I will arrange a parent review. We will discuss how the child presents at home, how the child has engaged in the therapeutic process so far, themes of play and progress on targets. We will also meet again at the end of the child's therapy. Please note that reviews are an important part of the process, but are charged. A summary of the review is prepared for sharing with parents as well as schools, subject to parental consent.

Parents are welcome to contact me through my email address: [nestplaytherapy@outlook.com](mailto:nestplaytherapy@outlook.com) or ring me at any point. I would welcome you to share any significant life changes or events in the child's life as this could be important information.

If schools are the main referrers, they are also welcome to arrange play therapy reviews with me at any point.

### **Transferring Information**

Nest Play Therapy is located within Staverton CofE Primary School, School Lane, Staverton, Trowbridge BA14 6NZ. Access to the room is normally through the main entrance to the school. If the child may find this challenging, we can arrange for the child to access the playroom through

the school's small playground. I will normally meet the child wherever we have arranged to meet and walk them down to the playroom.

The school has a large car park with plenty of spaces to park, although please note it does get busier during drop off or pick up times. During the session, I would ask that the parent/carer waits in their car. I would ask that the parent/carer keeps their phone on and with sound on during your child's session so, if need be, I can easily contact them in case of an emergency or a session having to end suddenly.

At the end of sessions, I would ask that the parent/carer waits at the drop off point for me to walk the child back up to the parent/carer and handover.

## **Confidentiality**

Before starting play therapy, confidentiality will be agreed with the child, parent/carer and therapist. Specific details of each session will be confidential to the child and therapist. Parents/Carers may be given a regular and general overview of the child's progress. No information will be disclosed to any other person or agency without prior agreement from the parent/carer and child (if appropriate) - except in situations where information is required by a court of law, local authority or when the therapist has reason to believe that a child or other person is at risk.

The content of sessions will be discussed with my play therapy clinical supervisor. Any written material provided for clinical supervision will have all identifying information carefully removed, ensuring the anonymity of the child.

There are limits to confidentiality. This means that, apart from in supervision, I will not tell anyone details about what happens in the playroom unless I think the child or someone else is at risk of significant harm, then I would have to report this to the safeguarding team to keep the child safe.

Although a child can tell anyone they like anything that they want to about their play therapy, they do not have to, and I ask parents/carers not to pressure their child to tell them anything after a play therapy session. Rather it is better to wait for the child to initiate the conversation, and to just listen attentively to them if they do want to tell you anything.

## **GDPR**

General Data Protection Regulations (GDPR): The new GDP Regulations were introduced on May 25th, 2018 and must be complied with by any business that handles personal data. This means that as my client you have the right to know how and why your information is being used by me and I must obtain your explicit consent to hold your personal details in my files 'in any form', both online and paper.

### *How I collect and store a client's information*

In the course of my work as a play therapist, I hold the name, address and contact details (email and telephone number(s)) that you give me in our initial contact communication and the information given during our intake meeting. In addition to the data that you provide me with I keep brief clinical notes that record the themes of our sessions to assist me in my work. All handwritten or printed client information is held in locked cabinets and all identifying information is held separately to client notes which are anonymised. Any electronic notes are protected by a password. All interaction by email or text is of a general nature.

### *A client's rights and access to information*

Clients have the right to ask to see any information that I hold about you. Unless I am legally prevented from doing so I will provide this information to you within a month of your request.

A client also has the right to ask me to change any information that I hold that is incorrect and to ask me to delete any information that I hold about you. I will do this except for any information I am bound to hold for legal reasons such as tax purposes. I am happy to discuss any of these issues in a session should you wish to. My data protection policy can be viewed on request. I am also registered with the Information Commissioner's Office under the trading name of Nest Play Therapy and my Registration Number is: ZB966401. My UKPRN is: 10100096

*My full GDPR Policy can be viewed on my web site.*

## **Complaints**

If you have a complaint, I would ask that you raise it with me first so we can discuss it. I will respond in writing/email within ten working days. I am a member of the BAPT which has its own complaints procedure. It can be contacted at: <https://www.bapt.info/contact/>



Working Together to Safeguard Children 2018 sets out clear guidance about what should happen if an allegation of abuse is made against a person who works with children.

The Local Authority Designated Officer (LADO) can be contacted through the telephone number: 0300 456 0108

*For more information, please see my complaints policy.*

### **Medical information**

I will collect information about any medical issues or allergies separately and this is important for me to know. This is something I will ask at intake meetings. If there are any medications that the child may need during the session such as inhalers, please let me know in advance.

### **Payment of sessions**

Sessions cost £50 per hour. Sessions will be invoiced at the end of the month and will be due within a week. Payments that are more than 14 days late may incur a 5% charge. If a child isn't able to come to the session, 24 hours' notice will need to be given or the session will be charged. If the sessions have been missed more than 2 times, I will ask the parent/carer if they still wish for sessions to continue. If I have to cancel for any reason, I will try to offer an alternative slot as soon as possible.

### **Qualifications**

MSc Play Therapy - University of South Wales

Accredited Member - British Association of Play Therapists (BAPT)

Level 3 Safeguarding Children – September 2024

Postgraduate Certificate in Education (PGCE) – University of Exeter

I confirm that I have read the information about Nest Play Therapy and that a copy has been given for my personal records:

Signed..... Date.....