

Frequently Asked Questions

When is Play Therapy best used?

Play therapy can be helpful for children who...

- are dealing with parental conflict, separation or divorce
- have been traumatised (sexual, physical or emotional abuse)
- have been adopted or are in foster care
- are dealing with issues of loss, such as illness or death of a loved one
- have been hospitalised
- have witnessed domestic violence
- have been diagnosed with Attention Deficit Disorder (ADD/ADHD)
- have experienced serious accidents or disasters

How can Play Therapy help my child?

Play is vital to every child's social, emotional, cognitive, physical, creative and language development. It helps make learning concrete for all children and young people including those for whom verbal communication may be difficult.

Play Therapy helps children in a variety of ways. Children receive emotional support and can learn to understand more about their own feelings and thoughts. Sometimes they may re-enact or play out traumatic or difficult life experiences in order to make sense of their past and cope better with their future. Children may also learn to manage relationships and conflicts in more appropriate ways.

The outcomes of Play Therapy may be general e.g. a reduction in anxiety and raised self-esteem, or more specific such as a change in behaviour and improved relations with family and friends.

Useful Information

Referrals

Referrals are accepted from private individuals, schools, health services, statutory and voluntary agencies throughout the Oxfordshire areas.

Costs

The cost is set according to each referral—individual or group. When funding is available there are no charges to low income families. Please contact me for further details.



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Accredited member:



Play Therapy Services In and Around Oxfordshire

My name is Natasha Conn and me and my team provide Play Therapy services in and around Oxfordshire. The service is offered to children of all ages, adults, groups, schools, family centres and other professional organisations.



"Play Therapy is based upon the fact that play is the child's natural medium of self-expression. It is an opportunity which is given to the child to 'play out' his feelings and problems just as, in certain types of adult therapy, an individual 'talks out' his difficulties."
-Virginia Axline

About Us

Qualifications:

- [Play Therapy UK](#) Accredited Play Therapist
- Postgraduate Certificate and Diploma in Play Therapy
- Certificate in Filial Coaching / Mentoring
- Degree in Psychology and Early Childhood Studies - Oxford Brookes University

Security:

We have Public Liability Insurance, up to date Criminal Records Bureau Enhanced Checks and abide by Child Protection Policy and Procedures

Personal:

Natasha

I have a natural empathy with children and work instinctively as well as competently. I have always known from a young age that I had wanted to work with children and have had many years working with them - through education as a teaching assistant and also as an activity leader at a holiday camp. Eventually I realised my real skills lay in working with troubled children on a one-to-one and group basis, so I trained specifically in Play Therapy, with the largest UK based organisation, PTUK. Finally I had found my talent and I realised how much this career could change the lives of so many children. I have over 1000 hours of experience working therapeutically with children in school, children centres and other settings.

Ruth

Initially trained as a teacher, eventually working one-to-one on literacy intervention and behaviour and nurture support, I then trained as an ELSA (Emotional Literacy Support Assistant). Through this work, I became increasingly aware that it was through using play and creative art that I saw the biggest changes in children, leading me to undertake my Play Therapy training. Having worked in a range of schools in the Oxfordshire area, with children with a huge array of referral reasons, I have developed a broad range of skills. I believe in seeing each and every child I work with as an individual and therefore use a holistic/integrative approach in order to reflect their needs and lead to positive outcomes for their future.

My Sessions

The Intention

Providing a safe environment and a place of confidentiality, mutual trust and respect.

The Focus

Allowing the individual to express themselves through talk, play and toys. Each client has the opportunity to be themselves in the environment as well as relate in a one on one or group relationship and therefore promoting self awareness.



Toolkit

We work with a mixture of media and toys, which includes (but is not limited to):

- Sand tray
- Paint/pens and other art materials
- Clay and playdough
- Masks
- Puppets
- Musical instruments
- Role play and movement
- Storytelling/books

The Adult's Role

Parents/Carers

As their parent or carer you have a key role. The first step is for you to pass on as much information as possible about your child's past and present circumstances.

Play therapy is a special time for your child, and for the most part the specific content of the sessions will remain confidential. Should the child speak of anything that may put them or someone else in danger, confidentiality will be broken. In such circumstances your child will be informed that this will happen.

Please resist the urge to ask your child what they did, as this will put pressure on them to comment on something they may have difficulty understanding themselves, which may be an important part of their own process. Please don't ask your child to 'be good' with me, or check they have been. Therapy is not about being 'good' or 'bad' and your child must feel free to express 'bad' feelings in an uncensored way.

Our sessions can be messy, due to the freedom to explore. If you or your child are anxious about this, perhaps they could bring / wear old clothes

Teachers

As their teacher, good communication between all of the adults involved in the child's life is essential to achieve the best results. If you are unsure about anything, have concerns or questions, or would like more information, please do not hesitate to ask and contact us but please refrain from doing this in front of the children