



Clinical Play Therapy

The Euphelia Clinic

Supporting children & their families

What is Clinical Play Therapy?

Clinical Play Therapy is an effective therapy that helps children learn positive behaviour patterns, clarify their self esteem & self-concept, work through negative emotional issues, and build healthy relationships. In Clinical Play Therapy, children enter into a dynamic relationship with the therapist that enables them to express, explore and make sense of their difficult and painful experiences. Clinical Play Therapy helps children find healthier ways of communicating, develop fulfilling relationships, increase resiliency and facilitates emotional literacy.

Most children referred to Clinical Play Therapy do not have the words to describe their thoughts, feelings and perceptions, or the issues that are causing them problems. Clinical Play Therapy empowers the child to communicate & resolve these issues.

A Clinical Play Therapist is fully trained in clinical & educational psychology, in order to support the child in an integrative & ecological based framework, ie:

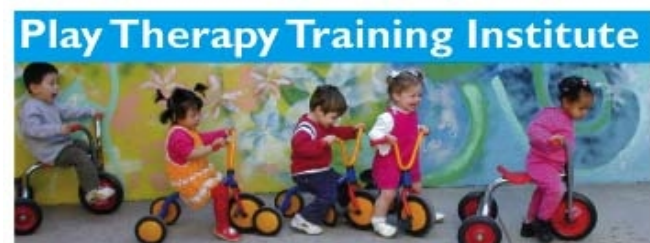
- community based
- family centred
- culturally aware
- includes peer learning situations
- offers support in the school setting
- creates a framework of core professionals working as an effective team to support each child's needs



Clinical Play Therapists specialise in the use of schema & play patterns to support children learn positive behaviour, to integrate successfully within their family, school & peer settings & to fulfil their highest potential.



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Schemas & play patterns

Supporting children's knowledge & understanding



Schemas are cognitive structures or forms of thought. Patterns in children's play behaviour, or in their drawings and paintings, indicate common themes or threads running through them demonstrating the child's range of schema. Clinical Play Therapists hold a complete diagnostic understanding of schema - they are able to look at these patterns & analyse children's schema, in order to support children's development & learning . They work to support children who are showing Early Maladaptive Schemas (EMS) into a more adaptive schema framework. This work is based upon the Cognitive-Behaviourist psychological approach.

An early maladaptive schema can be defined as:

*A broad pervasive theme or pattern regarding oneself and one's relationship with others, developed during childhood and elaborated throughout one's lifetime, and dysfunctional to a significant degree.*¹

Schemas are extremely stable and enduring patterns, comprising of memories, bodily sensations, emotions, cognitions. If children hold maladaptive schemas, these can trigger negative behaviour & emotional issues, leading children being unable to assimilate new information from the world around them. For example - when a child has an EMS like abandonment, they have all the memories of early abandonment, the emotions of anxiety or depression which are attached to abandonment, bodily sensations and thoughts that people are going to leave them. An Early Maladaptive Schema, therefore, is at the deepest level of cognition & contains memories and intense emotions when activated, leading to behavioural & emotional issues in a child.



¹National Institute of Clinical Excellence (2009).

Emotional Intelligence

Emotions are powerful biological forces, motivating our active engagement in life. Emotions may interfere with or undermine the ability of a child or adolescent to fulfill their true potential. Clinical Play Therapy sessions are designed to consolidate & support emotional intelligence, empowering effective & successful patterns of behaviour for personal happiness.

Emotional Intelligence (EI), often measured as an Emotional Intelligence Quotient (EQ), describes an ability, capacity, or skill to perceive, assess, and manage the emotions of one's self, of others, and of groups.

Psychologist Daniel Goleman outlines Emotional Intelligence as:

1. Knowing one's emotions
2. Managing emotions
3. Motivating oneself
4. Recognizing emotions in others
5. Handling relationships



Goleman's work & research emphasises

how crucial emotional and relationship abilities are within the "rough and tumble" of life, and the need to help support children & adolescents in learning Emotional Intelligence, so they feel capable & happy individuals - enabling a positive family, school & social life. Many schools are now implementing the EI curriculum based upon Goleman's work – the Social & Emotional Aspect of Development (SEAD, for 0 – 3 years) & the Social & Emotional Aspects of Learning (SEAL). Clinical Play Therapy builds on this work, but offers more targeted & specialist support.

[Why Play Therapy?](#)

Families are often attempting to cope with children with emotional and behavioural issues, such as: stress & anxiety; hyperactivity; sleep & toilet issues; low confidence; social issues, such as a lack of friends; poor communication, frustration & anger; fixated routines that limit the ability for new routines to be established or for new experiences to occur. Clinical Play Therapy helps children to work through behavioural & emotional issues in order for them to learn more adaptive & positive behaviour patterns. Clinical Play Therapy removes these types of barriers to children's learning & development, so that children fulfil their full potential.

Play Therapy can:

1. Help children to build healthier relationships with family, school & peers;
2. Reduce emotional, behavioural and social obstacles to learning & development;
3. Improve adaptation to life experiences;
4. Enhance communication skills and emotional literacy;
5. Address the needs of children;
6. Support and advise parents & school.



How Play Therapy works:

Play Therapy follows a standard procedure. This includes:

1. Consultation with parent/carer;
2. Initial Assessment of child;
3. Cycle of Play Therapy Sessions;
4. Regular review sessions with child;
5. Regular review sessions with parent/carer;
6. Regular review sessions with any relevant professionals the family requires (such as teachers);
7. Endings – preparing the child for the end of the Play Therapy process;
8. Discussion & liaison with parents & relevant professionals.

Play Therapy requires parents/carers to be involved in the Play Therapy process. The Play Therapist will need to hold regular meetings with parents/carers in order to review the Play Therapy process and to collate information about the child's circumstances.

Play Therapy is underpinned by Clinical & Educational Psychology practice, and uses the creative arts & play to engage children, adolescents and families in therapy. Creative arts & play are the natural medium for expression within each session, and demonstrate to the Play Therapist the schemas the client holds. Clinical Play Therapists hold a full diagnostic understanding of adaptive & maladaptive schemas, & are able to look at these patterns & analyse the client's schema in order to support their development.

Private Practice Play Therapy

Professional Fees Structure 2010



The fees for each Play Therapy Session involves:

- professional services - 90 minute session (£45)
- all other related costs, such as premises hire & play therapy art materials

2010 Play Therapy Session fees are normally £67.50 each session

Fee Information Details:

- Each Play Therapy session lasts 90 minutes
- For **each** 90 minute Play Therapy Session, the professional work that each Play Therapist must complete is in total around 5 hours. A typical example involves: 90 minutes planning for targeted therapeutic intervention during the session; 90 minutes case assessment & research; parent/carer discussion & key theme information. Including the 90 minute Play Therapy session, this is around **5-6 hours in total**.
- Fees are paid at a SESSIONAL RATE = £45 per 90 minute session. This equates to around £9 per hour for the Play Therapist's total professional services for EACH Play Therapy session. This fee does not include the session's related costs (see below) that parents/carers are charged separately for.
- Private-practice Play Therapists from Euphelia work in local outreach support settings. The **related costs** for each Play Therapy session are paid for by the parent/carer (such as sessional room hire, art materials).
- The cost of each Play Therapy Session involves:
 - professional services - 90 minute session (£45)
 - all other related costs, such as setting hire & play therapy art materials (usually £25 per 90 minute session)
- Clients experience Play Therapy Sessions regularly either weekly or fortnightly, within a 12 session programme. Establishing a regular routine of Play Therapy sessions for the child to experience is a vital part of the Play Therapy process – **children who do not attend on a regular basis cannot be accepted for Play Therapy**.
- Client progress is reviewed after the 12 session programme is completed. Some clients may need only one 12 session programme, others may need more.



Support & Advice for parents/carers

Within a 12 session cycle of Play Therapy, parents/carers must attend “key themes” meetings as part of the Play Therapy process, to update them on their child's development.

Support meetings with parents/carers &/or professionals to discuss issues relating to client's therapeutic plan, key themes & developmental progression:

- Hourly rate = £25

Counselling is also available for parents & carers who wish to receive further specialist support:

- Hourly rate = £25 – please contact clinic@euphelia.com to arrange your counselling

Related phone calls in regards to offering family support, help & advice:

- Hourly rate = £25

Assessment Report or Profile Summary of client's developmental progress:

- Each report = £60

Further expenses:

Any related travel mileage 0.45 per mile

Payment Method:

Please pay the Play Therapist at the end of EACH of your child's Play Therapy Session.

What to do next to book Play Therapy for your child

Please contact the clinic at the following email address: clinic@euphelia.com

A Play Therapist will contact you to arrange your initial consultancy session, to discuss your needs. There is a charge of £30 for this initial meeting, but is FREE if you choose to book Play Therapy after this initial consultation (ie the £30 will be used as part of your payment for the subsequent Play Therapy sessions).



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