



Key professions & associated terminology:

Playwork, Therapeutic Play, Play Therapy, Child Psychotherapy & Clinical Psychology, Clinical Play Therapists.

Play Work

The term 'play work' is often associated with "Play Worker." Play work is as an activity that uses play to engage children safely when their parents or carers cannot be present to look after them and/or to help them to learn.

The objectives of play work are not therapeutic, although some therapeutic benefit may occur as a secondary effect. The role of the provider is one of care and support. Play Workers do not normally receive or need clinical supervision.

Another example of the difference with therapeutic play is the use of games. Normally in play work games are played where rules are applied. In therapeutic play the child may make up, use and change the rules.

Play work may also be used in nursery or primary schools to assist the educational process.

Play therapy may be used to augment a play work service.

Therapeutic play

Therapeutic play adds a therapeutic element to play work.

The prime objective is still care or work orientated with the therapeutic element as a secondary or supporting one.

It may be used to assist the child to reach a care or work objective by alleviating a slight or mild, one off emotional or psychological situation that is preventing the child from achieving the desired results.

A therapeutic relationship is not established, but an understanding of this aspect is important, for further specialist support by a play therapist. Because the therapeutic element is small, clinical supervision is not required provided that overall line management is provided. Anyone using therapeutic play, as opposed to therapeutic play work, should be bound by a code of ethics which would normally be laid down by the employing organisation.

Play Therapy

Play Therapy uses a variety of play and creative arts techniques to alleviate chronic, mild and moderate psychological and emotional conditions in children that are causing behavioural problems and/or are preventing children from realising their potential. The Play Therapist works integratively using a wide range of play and creative arts techniques, mostly responding to the child's wishes. This distinguishes the Play Therapist from more specialised therapists (in Art, Music & Drama).

The Play Therapist forms a short to medium term therapeutic relationship and often works systemically taking into account and perhaps dealing with the social environment of the clients (peers, siblings, family, school etc). **Clinical supervision is essential.** Play therapy may be non-directive (where the child decides what to do in a session, within safe boundaries), directive (where the therapist leads the way) or a mixture of the two. Play therapy is particularly

effective with children who cannot, or do not want to talk about their problems.

Child Psychotherapy & Clinical Psychology

Child Psychotherapy, clinical psychology and psychiatry are well established disciplines used to address children's severe mental health and personality problems. The therapist, clinical psychologist or psychiatrist forms a long-term therapeutic relationship with the client. Talking therapies are primarily used with play often taking a relatively small, supporting role in the interventions. Psychiatrists often prescribe medication.

Child Psychotherapists, Clinical Psychologists and Psychiatrists may acquire therapeutic play skills to support their other interventions or may be supported by a Play Therapist in a multi specialist team role. There are often long waiting lists for consultations by these specialists.

Clinical Play Therapists are trained in clinical & educational psychology, using psychometric testing & targeted interventions through play to support children's positive mental health & adaptive behaviour. Clinical Play Therapists hold a complete diagnostic knowledge of Early Maladaptive Schema (EMS) & support children's ability to learn adaptive schema. These specialist professionals are extensively trained in psychology, play therapy, family therapy, SEN, exceptional & atypical development, and usually have their own extensive expertise in a specialist field. Clinical Play Therapists work within specialist clinics, with regular clinical supervision & continuing professional development.



The Euphelia Clinic is

dedicated to supporting the individual needs of children, adolescents and their families through **Clinical Play Therapy**. We provide specialist training opportunities, at degree and postgraduate level, in partnership with UK universities.

Practitioners trained in **Clinical Play Therapy** enable children to learn positive behaviour patterns, build their self esteem & self-concept, work through negative emotional issues, and develop healthy, positive relationships.