

SERVICES

- Play and Creative Art based Therapy
- Positive Well-being Intervention
- LEGO®-based Therapy
- Adult Creative Art based Therapy
- INSET Day—Play Therapy Staff Introduction
- Parent/Carer Play Therapy Interactive Workshop



An integrative holistic model of play and creative art based therapy utilising a variety of mediums within a safe environment.

Positive Well-being interactive group therapy looking at creative ways to explore the self and others.

LEGO®-based therapy supporting the development of social communication skills through the use of an interactive development program.

Growing Together Children's Therapy

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**Certified
Play Therapist**

*By working and
'Growing Together'
we are able to unlock
their full potential!*





Welcome

Growing Together Children's Therapy is a therapeutic service working across London, Essex and the South East. We assist parents, carers and schools by supporting children to work through challenges, regulate emotions, and build on their confidence and self-esteem.

Our therapeutic approach is child-centred, focusing on the needs of the individual child. Play and Creative Art based therapy is used allowing the child time to explore their thoughts, feelings and experiences while having the freedom to express themselves within a consistent, safe environment. This promotes independence and the opportunity to regulate their emotions, and gain a better understanding of their world, whilst building on tools to enable them to cope with the limitations or lack of control that may surround them.

WHAT IS PLAY THERAPY?

Play Therapy uses play and creativity to help children who display emotional or behavioural difficulties, those who have experienced trauma; as well as children who may need support expressing themselves.

Spending quality one-to-one time with a Play Therapist allows children to work through their challenges in a safe and confidential environment. The therapeutic tool-kit consists of Clay; Music, Dance and Movement; Drama, Role Play and Dressing Up; Puppets; Sand Tray and Small World Play; Arts and Crafts; Drawing and Painting; LEGO; Creative Visualisation and Story Telling.

WHY CHOOSE PLAY THERAPY?

Play is an important aspect of children's development and growth. Through play, they are able to mimic, rehearse, discover, and begin to understand what they see, hear, and feel; whilst recognising and understanding their own thoughts and feelings within the confines of a structured, safe space. Through the support of a trained therapist, children have the freedom and security to work through, and express their feelings. They can learn to gain confidence, build on their self-esteem, and rise to their potential.

WHO CAN BENEFIT FROM PLAY THERAPY?

Who may benefit can include but is not limited to children or young people who:

- lack confidence in their abilities or themselves;
- have been abused, witnessed domestic abuse, violence, conflict or other traumatic events;
- have been neglected, struggle to maintain friendships or have experienced/used bullying behaviours;
- have attachment difficulties, emotional or behavioural difficulties;
- have or live with someone with a long term illness or disabilities, or who may be in hospital;
- have experienced a bereavement, family separation or divorce;
- are in care - have been adopted or being fostered;
- or appear unable to play, may appear withdrawn, disconnected, anxious and/or worried.

HOW DO YOU DECIDE A CHILD'S LEVEL OF NEEDS?

Strengths and difficulties questionnaires are completed by the teacher and parent/carer as well as holding parental and staff meetings to discuss the child's challenges, concerns and background history. From this we are able to establish the needs of the child and the appropriate type of therapy.