

CHILD CENTRED PLAY THERAPY



HAMILTON CITY SALVATION
ARMY COMMUNITY MINISTRIES



Te Ope Whakaora

CHILD CENTRED PLAY THERAPY IS

What happens in a session?

Each session focuses on your child's need to express themselves through play.

Children have access to art supplies, sand and toys for dramatic and fantasy play. The toys help your child recreate the emotional experiences they are struggling with.

I will provide a safe and understanding environment that supports your child to develop skills that help them know and understand their feelings and emotions.

Who will play therapy help?

Often children do not understand why they struggle to be confident, are anxious, or worry about being by themselves in new situations. Sometimes they don't know how to cope with change e.g. new school, new teacher, new home, family separation or alternatively they have observed or experienced family violence, arguing, bullying, physical abuse or neglect.

You may notice your child feeling unsure, shy, withdrawn, sad and anxious, or intense emotions e.g. anger, fear or tears and distress.

The benefits of Play Therapy

Through play therapy a child can gain confidence, cope with increased responsibility for themselves and their decisions and actions.

They will learn to cope with their feelings, manage mood swings and emotions, problem solving skills, discover self soothing types of play, build a repertoire of words that describe emotions and feelings they have.

Is Therapy different than how your child plays at home?

Through play therapy a child can gain confidence, cope with increased responsibility for themselves and their decisions and actions.

They will learn to cope with their feelings, manage mood swings and emotions, problem solving skills, discover self soothing types of play and build a repertoire of words that will describe emotions and feelings they have.

How will the Parent be involved?

Parent or career involvement is very important in the play therapy process and they will be asked to meet with me on a regular basis.

In addition, we may ask the parent to become involved in their child's progress by trying out ideas at home when play is happening that will support the play therapy process and strengthen the attachment with child's parent or carer.



FOR ENQUIRIES CONTACT:

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WHAT IS CHILD CENTRED PLAY THERAPY?

*“In a child’s world toys are their
language.”*

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*Play therapy provides your child
with opportunities to play out
situations and explore feelings
which cause them to feel afraid,
anxious, worried, angry, and sad.*

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*A program designed for children
aged 4 to 10 years of age.*

