

Play Therapy

Our service provides specialist therapeutic support for children and young people experiencing emotional, psychological, behavioural, developmental or relational difficulties that impact their wellbeing, relationships, learning and day-to-day life.

We offer a range of evidence-informed therapeutic interventions delivered by qualified and experienced therapists. Following an initial consultation and assessment, we identify the approach that best meets the child's needs.

Alongside direct therapeutic work, we collaborate with parents, carers, education staff and other professionals to strengthen understanding, build confidence and develop effective strategies to support children and young people. We also provide consultation, therapeutic guidance, reflective practice, supervision and bespoke training to promote trauma-informed, neuro-affirming and relational practice.

Our Therapeutic Approaches

Play Therapy

A child-led therapeutic approach that uses play as the child's natural language to help them express emotions, process experiences and strengthen relationships.

Synergetic Play Therapy

An evidence-informed approach that integrates attachment, neuroscience and nervous system regulation to promote emotional regulation, resilience and healthy relationships through play.

AutPlay®

A neurodiversity-affirming therapeutic approach designed for autistic and neurodivergent children and young people, using play and creative methods to support emotional regulation, communication, social understanding and self-advocacy.

Creative Therapeutic Life Story Work

Supports children and young people to make sense of their life experiences, develop a coherent sense of identity and strengthen emotional wellbeing, particularly following trauma, separation or care experiences.

TraumaPlay

A structured, play-based intervention that helps children safely process traumatic experiences while promoting attachment, emotional regulation and resilience.

Our Therapeutic Approaches

SandStory Therapy

A creative therapeutic approach that uses sand, miniature figures and storytelling to help children communicate thoughts, feelings and experiences that may be difficult to express verbally.

Creative Counselling for Adolescents

A flexible counselling approach that combines talking therapy with creative techniques to support emotional expression, self-awareness and problem-solving.

Dramatherapy

A creative psychotherapy that uses drama, storytelling, movement and role play to explore emotions, relationships and life experiences within a safe therapeutic space.

Eye Movement Desensitisation and Reprocessing (EMDR)

An evidence-based psychotherapy that helps children and young people process traumatic memories and reduce emotional distress.

Creative Accelerated Trauma Technique (CATT)

A structured, evidence-informed trauma intervention using drawing, storytelling and guided visualisation.

Safe and Sound Protocol (SSP)

A listening intervention based on Polyvagal Theory that supports nervous system regulation, emotional wellbeing, social engagement and resilience.

Filial Play

A therapeutic programme that equips parents, carers and education staff with play-based skills to strengthen relationships and support children's emotional development.

Therapeutic Parent Coaching and Mentoring

Individualised therapeutic guidance to help parents understand their child's needs and develop practical strategies.

Clinical Supervision and Reflective Practice

Professional supervision and reflective support to enhance confidence and child-centred practice.

What Is Included?

Each referral begins with an initial consultation to determine whether the service is appropriate and identify the most suitable therapeutic intervention.

- Assessment and formulation to identify the child's strengths, needs and the most appropriate therapeutic approach.
- An individualised therapeutic plan with agreed outcomes and goals.
- Direct therapeutic intervention.
- Ongoing review of therapeutic progress.
- Liaison with parents, carers, schools and professionals where appropriate.
- Progress updates, review meetings and a summary/final report where included in the commissioned service.

Who is the service for:

Our service supports children and young people, together with the adults who care for, educate and work alongside them.

Children and Young People

- Anxiety or emotional regulation difficulties
- Behaviour reflecting underlying emotional needs
- Trauma, bereavement or adversity
- Attachment difficulties
- Autism, ADHD or other neurodevelopmental differences
- Developmental, learning or sensory differences
- Social communication difficulties
- Low self-esteem
- Family change or chronic stress.

Parents and Carers

Support is available for parents and carers who need guidance to understand and respond to their child's emotional, behavioural or developmental needs through coaching, mentoring and therapeutic consultation.

Education Staff and Professionals

We support teachers, SENCOs, pastoral teams, foster carers, residential care staff and other professionals through consultation, supervision, reflective practice and training.

Which Children Should Be Referred?

A referral should be considered where a child or young person's emotional wellbeing, behaviour, relationships or engagement in education are significantly affecting their daily functioning and additional therapeutic support is required.

- Persistent emotional distress or anxiety
- Significant behavioural change
- Trauma, abuse, neglect or bereavement
- Attachment or relationship difficulties
- Difficulty expressing or processing emotions
- Emotional needs alongside neurodevelopmental or learning differences

Our Child-Centred Approach

We take a child-centred, relational and trauma-informed approach to all our work. Every referral is considered individually, recognising that behaviour is often a form of communication and that children are best understood within the context of their relationships, experiences and environment.

We work collaboratively with families, schools and professionals to develop tailored therapeutic plans that build on strengths, address underlying needs and promote lasting emotional wellbeing.