

Theraplay

What is Theraplay?

Theraplay is a child and family intervention aimed at building and enhancing attachment, trust in others, joyful engagement and self-esteem. In sessions, the therapist, parent/carer and child play together using a variety of fun games, developmentally challenging activities and nurturing activities.

Theraplay interactions focus on four essential qualities found in parent/carer-child relationships:

Structure

Engagement

Nurture

Challenge

Who is it for?

Theraplay is helpful for all ages and can help support children and young people with reducing anxiety, feelings of anger, controlling and defiant behaviour, as well as children who find it hard to concentrate, find relationships difficult and find bonding and attaching to caregivers challenging.

What are the aims of Theraplay?

Theraplay aims to create joyful moments of connection and fun that strengthens the connection between children and caregivers. It helps to deepen understanding of a child's feelings and behaviours, and how to deal with difficult behaviours in ways that enhance the parent/caregiver-child bond.

What is involved?

Theraplay sessions help to create active, emotional connections between children and caregivers, resulting in a changed view of self as worthy and loveable, and of relationships as positive and rewarding.

The very act of engaging through Theraplay helps the parent to regulate the child's behaviour and communicate love, joy and safety to the child.

The active playfulness of Theraplay engages children who have not responded to more traditional therapeutic approaches as it is play-based rather than language-based.

For more information about Theraplay please visit:

<https://theraplay.org/>

If you have any queries about Theraplay or your sessions with Psychology Associates, please get in touch with us:

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