

task

Gray and Macblain (2014) discuss Freud's psychoanalytic theory and his views on play, they state that Freud believed that play has an important role in the child's development and has the capability to let children process their traumas and memories. Similarly to this, The Anna Freud Society (2022) explains that children communicate through play and do this at their own pace so they do not feel interrogated or threatened and talk about how play therapy helps children understand confusion and emotional events that they have not yet learnt to resolve, they comment on how play therapy helps children in a variety of ways which allows them to role play their traumas, move on and cope with struggles, this allows them to deal with conflicts in more appropriate ways as they grow older whilst also reducing anxiety, raising self-esteem and improving relationships. Additionally, Vygotsky believed that social interactions and positive relationships are important to have as this will enhance children's cognitive development, this can be shown through imaginative play. He also believed that with the support of adults to a certain extent, children can develop through play. (Nilsson and Ferholt 2014). McInnes *et al.* (2011) talk about Bruner's views that children are active learners and need to learn with hands-on experiences, they discuss that similarly to Vygotsky, Bruner believed that the role of the adult is important. They discuss Bruner's spiral curriculum theory which shows that children need time to be able to play and perfect their skills in order to move to the next stage of development.

[Gray, C., & MacBlain, S. \(2015\). Learning theories in childhood \(Second ed.\) London: Sage.](#)

McInnes, K., Howard, J., Miles, G., & Crowley, K. (2011). Differences in Practitioners' Understanding of Play and How This Influences Pedagogy and Children's Perceptions of Play. *Early Years* (London, England), 31(2), 121-133.

[Nilsson, M, & Ferholt, B. \(2014\). Vygotsky's theories of play, imagination and creativity in current practice: Gunilla Lindqvist's "creative pedagogy of play" in U.S. kindergartens and Swedish Reggio-Emilia inspired preschools. *Perspectiva*, 32\(3\), 919-950.](#)

The Anna Freud Centre (2022) *play therapy* available at [Play Therapy \(annafreud.org\)](https://annafreud.org) accessed on 31st January 2022