

Hello everyone my name is Roxana Chiciu .

The purpose of this presentation is to introduce the career of a Play Therapist and to explain the research I have carried out about this profession.

A Play Therapist is a professional who helps children express their emotions, thoughts, and experiences through play. Many children find it difficult to communicate their feelings verbally, especially when they are dealing with anxiety, trauma, family problems, or developmental challenges. Play therapy provides a safe environment where children can explore their emotions using toys, games, art, and creative activities.

I chose this career because I am interested in child development and mental health. Through my research, I wanted to find out what qualifications are required, what skills are needed, what the job involves on a daily basis, and what opportunities exist for career progression.

To begin my research, I searched for information online using reliable websites related to psychology, child development, and professional therapy organizations.

I used keywords and search terms such as:

- * Play Therapist career
- * How to become a Play Therapist
- * Play Therapy qualifications
- * Child mental health careers
- * Play Therapy benefits
- * Skills needed for Play Therapy

These search terms helped me find relevant information about the profession and educational requirements.

My research showed that Play Therapists work mainly with children aged between 3 and 12 years old. They support children who may be experiencing emotional difficulties, behavioural problems, trauma, loss, anxiety, or family changes.

A Play Therapist typically works in schools, hospitals, mental health services, private clinics, or community organizations.

The key skills required include:

- * Communication skills
- * Empathy and patience

- * Active listening
- * Observation skills
- * Creativity
- * Understanding of child development

In terms of qualifications, most Play Therapists have a background in psychology, counselling, education, social work, or health-related fields. Additional specialist training in Play Therapy is usually required before practising professionally.

One source I evaluated was the British Association of Play Therapists (BAPT) website.

Using the CRAAP Test:

Currency: The website contains recent information and is regularly updated.

Relevance: The information directly relates to the profession I am researching and provides details about training, qualifications, and professional standards.

Authority: The source is produced by a professional organisation specialising in Play Therapy, making it a credible authority in this field.

Accuracy: The information is supported by professional standards and evidence-based practice.

Purpose: The purpose of the website is to provide education and professional guidance rather than advertising or entertainment.

Based on the CRAAP Test, I concluded that this is a reliable and trustworthy source for my research.

During this research, I used several research skills, including searching for information using keywords, comparing information from different sources, evaluating the reliability of websites, and organising information into key themes.

One challenge I faced was finding information that was both detailed and easy to understand. Some sources used complex psychological terminology. To overcome this challenge, I compared several websites and focused on information from professional organisations and educational sources.

To continue my research, I plan to:

- * Explore university courses related to psychology and child development.
- * Learn more about the training required to become a qualified Play Therapist.
- * Research employment opportunities and salary expectations.

- * Investigate work experience or volunteering opportunities involving children and young people.

- * Speak with professionals working in child mental health services if possible.

These steps will help me gain a deeper understanding of the career and determine whether it is the right profession for me.

In conclusion, my research has shown that a Play Therapist plays an important role in supporting children's emotional wellbeing and mental health.

I discovered that the profession requires strong communication skills, empathy, creativity, and specialist training. I also learned how to evaluate information using the CRAAP Test and how to identify reliable sources.

The research has increased my interest in this career, and I look forward to learning more about the qualifications and experiences needed to become a Play Therapist in the future.

Thank you for listening.