

A photograph of a therapist and a child playing together at a table. The therapist, a woman with dark hair, is wearing a white shirt and is seated on the left, leaning over the table. The child, a young boy with dark hair, is wearing a dark blue polo shirt and is seated on the right, looking down at the toys. They are in a room with shelves in the background filled with various toys. The entire image is overlaid with a semi-transparent green filter.

PLAY THERAPY WITH CHILDREN

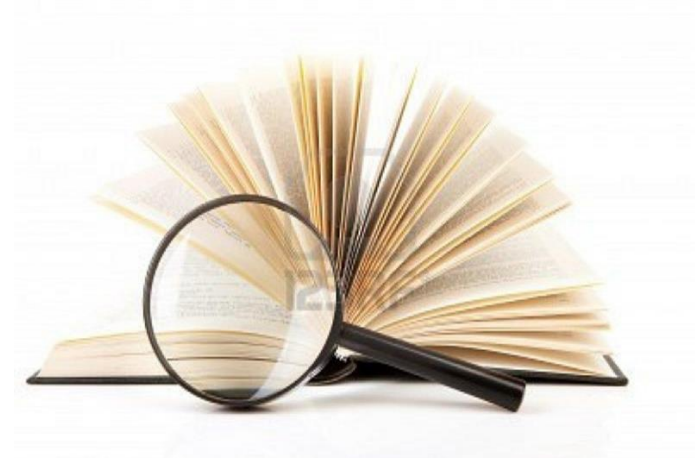
Project Proposal

By Sophie Matthews

INTRODUCTION

- How effective is play therapy for children and how does it compare to other counselling techniques for children?





Literature Review



METHOD OF EXPLORATION FOR PLAY THERAPY

Example of a literature review-

Saracho, O. N., & Spodek, B. (1995). created a literature review that explores how play has been interpreted throughout history and how educators and psychologists view play today.



“Play therapy lets children sort through complicated feelings and use play to communicate at their own level and at their own pace, without feeling interrogated or threatened” (BAPT)

- The purpose and mission statements of the association state that:
 1. They aim to enhance the mental health and emotional well-being of children and young people;
 2. They aim to promote safe, ethical and effective practice of Play Therapy through high quality regulated training, observed professional development and evidence-based research
 3. They provide equal opportunities to meet the needs of a diverse population
 4. And they maintain a strong professional association.

Key Words



Play Therapy



CBT



Autism

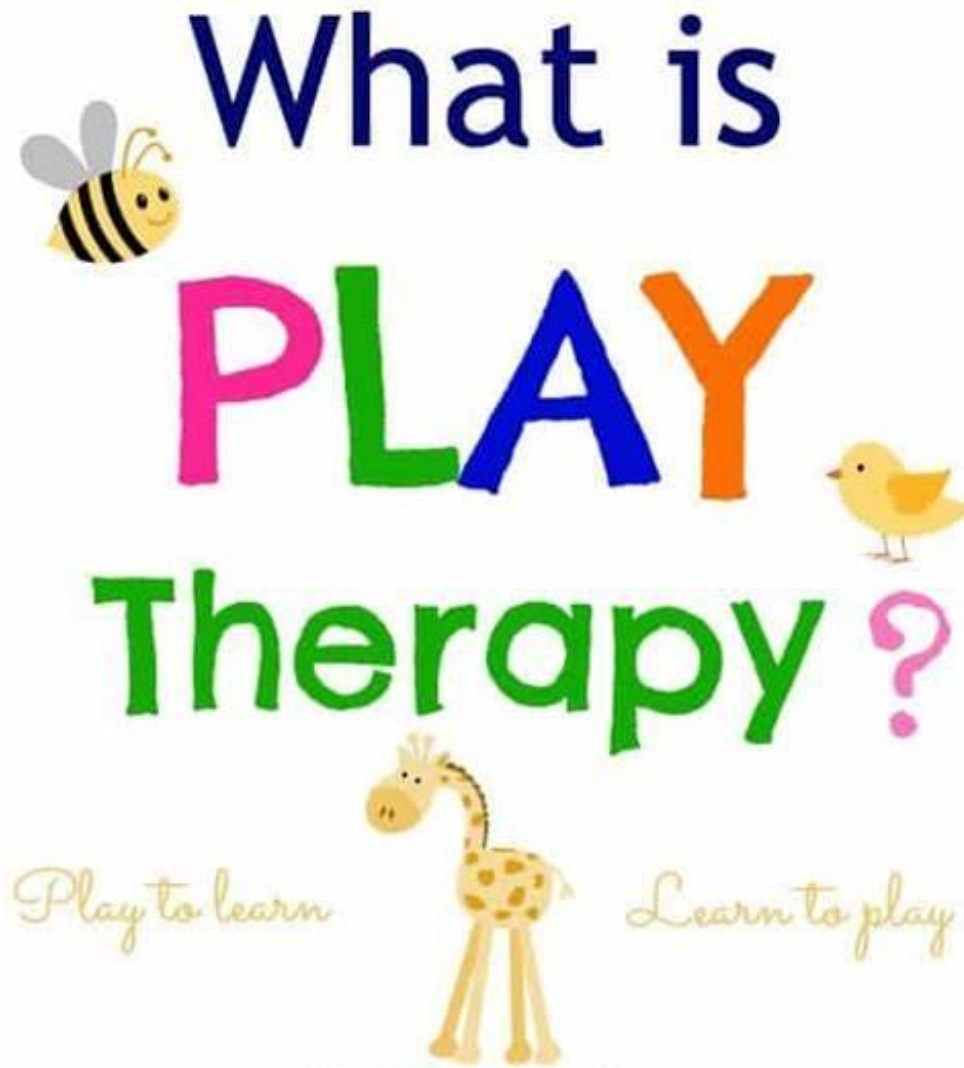


Family



Stats





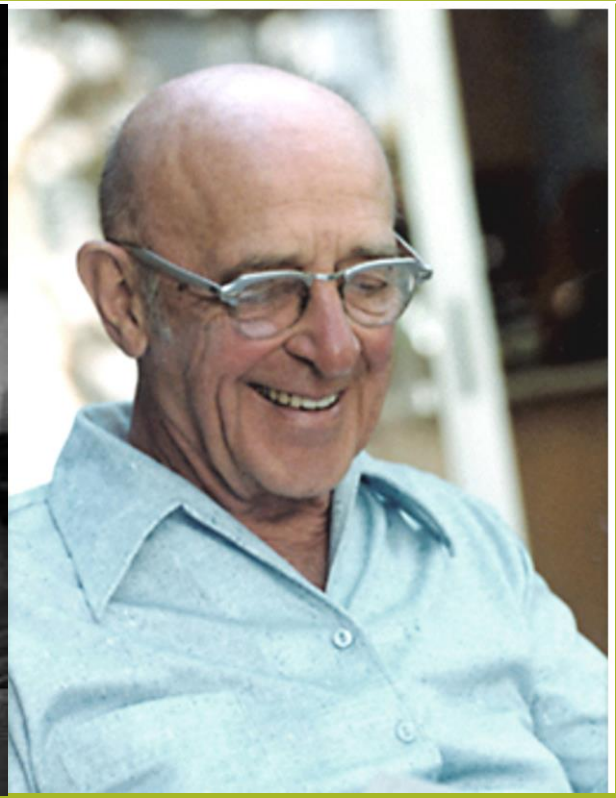
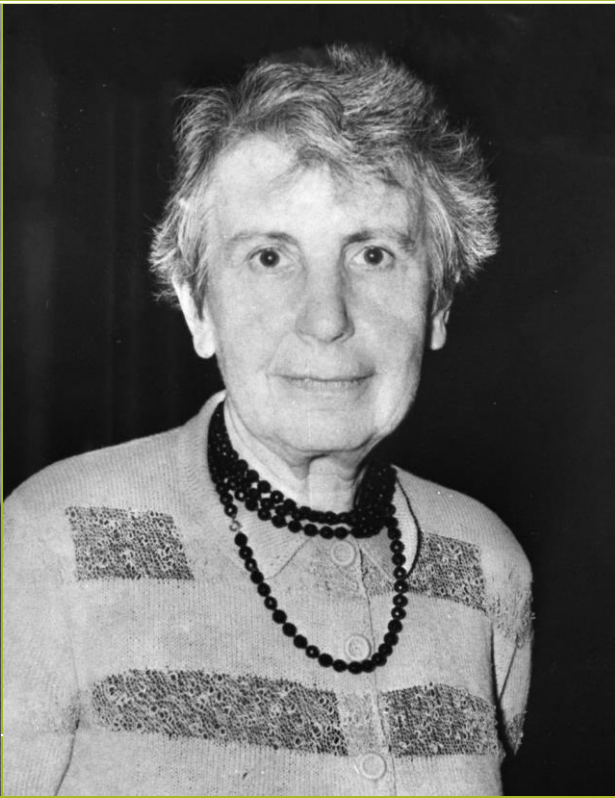
- Play therapy is a psychotherapeutic approach and although its mainly used to help children ages 3 to 12 it can also help and support adults.
- This sort of therapeutic play aids children and is suitable for children undergoing or observing stressful events in their lives.
- Play therapy can help children with academic and social problems and can also aid with children suffering from learning disabilities or behavioural disorders.



Children are thought to express themselves better through play and this is supported by the research found from Landreth, G. L. (2012).

The therapist uses play and other creative activities and observes how the child uses these activities to express thoughts and feelings that are not expressed in words.

How the therapist intervenes and uses the play is significant.

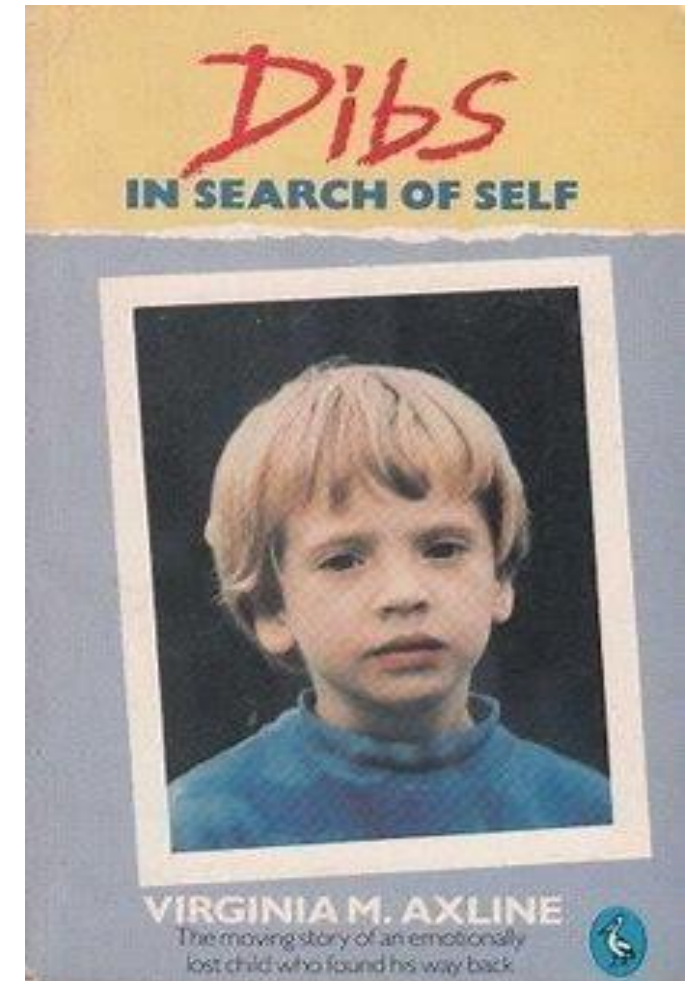


HISTORY OF PLAY THERAPY

Axline's Eight Principles

- 1. The therapist must develop a warm friendly relationship with the child
- 2. The therapist unconditionally accepts the child
- 3. The therapist develops a feeling of permissiveness
- 4. The therapist recognized the child's feelings expressed in play
- 5. The therapist respects the child's ability to solve problems for herself
- 6. The therapist does not direct the child's actions
- 7. The therapist does not hurry the therapy
- 8. The therapist established only the needed limitations needed to anchor therapy to reality

Dibs: In Search of Self, 1964.



There are two approaches to play therapy and include:

Nondirective play therapy

AND

Directive play therapy

Research shows that between 74% and 83% of children receiving play therapy, show a positive change.

Age also influences improvements.

Although, girls show a higher improvement rate than boys, 79% compared to 73%.

20% of children develop mental health problem severe enough to meet a diagnostic criteria but less than one third of these get the help they need.

Stats

Ethical considerations

There are some ethical considerations I need to take in to account prior to researching

There will be less ethical considerations as this isn't focusing on primary research, but I will be reviewing other research.



How effective is play therapy for children?



CONCLUSION

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