

# What Happens In Play and Creative Arts Therapy?

What to expect from your sessions

**HOW WILL MY  
THERAPIST WORK WITH  
ME?**

**WHAT CAN I DO IN MY  
SESSION?**

**WHO WILL MY  
THERAPIST TALK TO  
ABOUT MY SESSIONS?**



Coming to Play Therapy for the first time might make you feel nervous or unsure. You might be wondering what will happen during your sessions. It's okay to have these feelings - a lot of people do.

Your therapist is here to work with you. Your sessions are a safe space for you to talk about anything you need to and to do what you need to do. If there are things you want to talk about with your therapist, you can. If you want to just use the materials in the room, that's okay too.

There will be lots of materials you can choose to use during your sessions: art materials, sand, figures, puppets, musical instruments, Lego and construction toys. Your therapist will let you know how some of these materials can be used. Your therapist might ask you some questions about the things you do or create to better understand what they mean to you.

## WHAT CAN I DO IN MY SESSION?

What you do in Play Therapy and what materials you use is up to you! It's okay to explore and find out what works best for you.

There's lots you can do in Play Therapy, but there are 3 important rules:

1. We have 40 minutes to play and create
2. What is in the room stays in the room
3. You, your therapist and the materials stay safe

## WHO WILL MY THERAPIST TALK TO ABOUT MY SESSIONS?

What happens and what you talk about in your session is private between you and your therapist. There may be special circumstances when something you've said or done needs to be shared with other adults to help keep you safe. If this happens, your therapist will tell you who they need to speak about about it.

If there's something that you'd like your therapist to share with your parent/carer or your school, this is something that they can help you with. What you've talked about won't be shared without you saying it's okay.

### YOUR THERAPIST WILL:

- ✓ Listen to you
- ✓ Help you to better understand your thoughts, feelings and behaviour
- ✓ Let you make choices and decisions about what you do in your session
- ✓ Join in playing or creating if you want them to!

### YOUR THERAPIST WON'T:

- ✗ Judge you
- ✗ Tell you that your thoughts, feelings and behaviour are wrong or bad
- ✗ Tell you what you should or shouldn't do or what to talk about
- ✗ Tell you the 'right' way to do things