



Rebecca Black has an MSc in Play Therapy from the University of South Wales and she manages the Play Therapy Service.

Rebecca is a full member of the British Association of Play Therapists (BAPT) & consults on a monthly basis with another experienced BAPT member, who is a Play Therapy Supervisor.

A Play Therapist is a caring adult who has studied all about children and helps them to play and express their emotions in a safe way.

If you feel worried about something, sessions with a Play Therapist might help you to feel less worried.

Play Therapy referrals may be made by parents, guardians or carers.

The service is for children aged 3 – 15 years.

With the consent of legal guardians, child support organisations & educational service providers may also refer a child.

Play Therapy appointments can be arranged on Wednesdays or Thursdays.



Play Therapy for Children



Address

6 School Wynd
Paisley
PA 1 2DB

To arrange an initial consultation:

Contact *the Wynd centre* office on:
0141 887 4647

Date: / /

Time: @

Play Therapy

In Play Therapy children spend time with a play therapist in a play room. Children can choose to play with any of the toys or art materials. Playing can help children to relax.



Things might come up that feel difficult or hard. This could make you feel upset or unsure. Talking about these feelings might help.

What is Play Therapy?

Play Therapy is time and a space for you. Play Therapy can help you to show how you feel by playing, or it can just be fun for you. Having fun can make you feel good. The most important thing about play therapy is that it gives you time and a place to just be yourself.

In Play Therapy, children can have fun while they play and can talk about feelings with the play therapist, but only if they want to.

Play Therapy sessions

My name is Rebecca and you can ask me to join-in with your play if you wish, or I can just watch as you play. You decide what you do each week. If you would prefer not to play, but just to talk, I will listen.

Play therapy sessions are normally weekly for one hour. If you don't want to come, please just let someone know.



How can I access this Service?

Requests for this Service can be made by both parents/carers and external agencies.

For further information or complete a request for support, please ask another adult or a teacher to make a referral for you.

What to expect:

We can explore thoughts and feelings by looking together at what things you play with and talking about how it makes you feel.



Play Therapy sessions usually happen every week at the same time and on the same day.

I will remind you of the time as we go and leave time at the end to let you finish.



It would be good if you can help me to tidy up after your sessions as this keeps things ready for someone else using the play room.



It is my job to keep us both safe while we are together in the play room, so if there is anything that I think might be unsafe, I will tell you.

