

# BESIDE THERAPY CORNWALL

## BY YOUR SIDE, AT YOUR PACE.

### Play Therapy for Children

A gentle, creative therapeutic approach supporting children to express feelings, build resilience, and make sense of their world all through play, their natural language.



**1** WORRIES, FEARS, OR BIG EMOTIONS

**2** BEHAVIOUR LINKED TO EMOTIONAL DISTRESS

**3** FAMILY CHANGES, SEPARATION, OR LOSS

**4** SCHOOL-BASED CHALLENGES

**5** TRAUMA OR OVERWHELMING

**6** SOCIAL, COMMUNICATION, OR SENSORY NEEDS



### PRACTICAL INFORMATION

- 1:1 weekly sessions
- All materials provided
- Suitable for primary and secondary ages
  - School-based
- Referral forms available on request



**ART**

**CALM**

**STORIES**

**PUPPETS**

**SAND**

**IMAGINATIVE PLAY**

**ATTUNED**

**SAFE CHILD LED**

**REGULATED**

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