

... IS PLAY THERAPY

WHAT IS PLAY THERAPY?

PLAY THERAPY IS A MODE OF THERAPY THAT HELPS CHILDREN TO EXPLORE THEIR FEELINGS, TO EXPRESS THEMSELVES AND TO MAKE SENSE OF THEIR LIFE EXPERIENCES.

CONVENTIONAL TALKING THERAPIES MAY BE INAPPROPRIATE FOR CHILDREN AND YOUNG PEOPLE WHO STRUGGLE TO FIND THE WORDS TO DESCRIBE COMPLEX FEELINGS.

THROUGH PLAY THERAPY THEY CAN BE ENABLED TO COPE BETTER WITH THEIR DIFFICULTIES IN THE REAL WORLD.



WHAT IS BAPT?

THE BRITISH ASSOCIATION OF PLAY THERAPISTS IS THE FIRST AND FOREMOST PROFESSIONAL ASSOCIATION FOR PLAY THERAPY IN THE UNITED KINGDOM. BAPT WAS FOUNDED IN 1992 BY A GROUP OF NOW INTERNATIONALLY-RESPECTED PRACTITIONERS WHO INTRODUCED AND PIONEERED PLAY THERAPY WITHIN BRITAIN.

BAPT IS A REGISTERED CHARITY WITH AN OBJECTIVE TO:

‘RELIEVE THE NEEDS OF CHILDREN, YOUNG PEOPLE AND ADULTS SUFFERING EMOTIONAL AND BEHAVIOURAL DIFFICULTIES BY PROMOTING THE ART AND SCIENCE OF PLAY THERAPY AND PROMOTING HIGH STANDARDS IN THE PRACTICE OF PLAY THERAPY FOR THE PUBLIC BENEFIT’.

WHAT IS THE EVIDENCE?

IN THE BIGGEST META-ANALYSIS ON PLAY THERAPY IN RECENT YEARS BRATTON, RHINE AND JONES (2005) ANALYSED NINETY-THREE STUDIES AND FOUND A MEAN EFFECT SIZE OF 0.80 ± 0.04 SHOWING THAT CHILDREN RECEIVING A PLAY THERAPY INTERVENTION PERFORMED BETTER ON OUTCOME MEASURES COMPARED WITH CONTROL GROUPS.

BRATTON, S. C., RAY, D., RHINE, T., & JONES, L. (2005) ‘THE EFFICACY OF PLAY THERAPY WITH CHILDREN: A META-ANALYTIC REVIEW OF TREATMENT OUTCOMES’ PROFESSIONAL PSYCHOLOGY: RESEARCH AND PRACTICE, 36 (4), 376-390