Play and Creative Arts Therapy



Information for Schools

Clear Sky deliver Play & Creative Arts Therapy to children who have experienced trauma or display emotional or behavioural difficulties.

Our **qualified Therapists** offer children an age appropriate way to 'play out' difficult feelings and build resilience.

What is Play & Creative Arts Therapy?

Play & Creative Arts Therapy uses the child's natural language of play to help children overcome emotional or behavioural challenges. Specially trained therapists support children through the process of healing from trauma using play, drama, dance, music, art and sand.

Who is Play & Creative Arts Therapy for?

Play & Creative Arts Therapy is for children who have experienced trauma or display emotional or behavioural difficulties. These might include:

Emotional

- Anxiety
- Low self-esteem
- Difficulties with regulation
- Peer difficulties
- Low resilience

Behavioural

- Aggressive
- Withdrawn
- Antisocial behaviour
- Inattentive
- Hyperactive

Environmental

- Family breakdown
- Bullying
- Bereavement
- Abuse
- Trauma

Why provide Play & Creative Arts Therapy in school?

Children who have experienced trauma or difficult life circumstances may struggle to achieve their potential in school and may find it challenging to access learning. Trauma can block children's ability to concentrate, take on board new information and engage in school life.

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CHILDREN'S CHARITY

Clear Sky Children's Charity
www.clear-sky.org.uk | 01865 362789 | info@clear-sky.org.uk
Charity Number 1140441

How long do therapy sessions last and when do they take place?

Play & Creative Arts Therapy sessions are conducted one to one, once a week at the same time and place and last between 30 - 50 minutes depending on the child's age and developmental needs.

We ask schools to provide a suitable space for sessions - the same private room available at the same time each week.

How many sessions of therapy will a child need?

Ideally each child referred for Play & Creative Arts Therapy will receive at least 18 one to one Therapy sessions (we deliver a minimum of 12 sessions per child). Our therapist will make a recommendation based on the child's needs.

We recommend budgeting for at least 18 sessions per child

Why is 18 the recommended minimum number of sessions?

For the child to have a meaningful therapeutic intervention then at least 12 sessions is important. It can take time for the child to get to know and feel able to trust their therapist and the ending of an intervention is carefully planned over 2-3 sessions to prepare the child. A shorter intervention not only can limit the positive impact of therapy on the child but, if not handled carefully, may leave the child in a state of emotional vulnerability without the time to process the emotions and experiences activated in the therapy room. An 18 session intervention allows the child valuable time with their therapist to help cement longer term benefits.

Why choose Clear Sky?

At Clear Sky our team of Play Therapists, Art Therapists, Dramatherapists, Music Therapists, and Child Psychotherapists are all Level 7 qualified professionals (Postgraduate Diploma/Masters Degree). They are highly experienced in working with children who have experienced trauma. The Clear Sky Head Office team provide support to ensure the whole Play & Creative Arts Therapy process runs smoothly from start to finish. As the end of therapy sessions our therapist provides a comprehensive report with further recommendations for support.



We support over 100 children every year and would love to support the children in your school.

Does Play & Creative Arts Therapy work?

Schools report that children's mental health 'always improves' after an intervention, 'children develop emotionally during their time with the therapist', fostering a 'more positive attitude to learning and social situations'. Combined with parental involvement and professional training, research shows that the impact on children's futures will be greater still.

What is the cost of Play & Creative Arts Therapy?

Our fees are subsidised through our fundraising efforts as a charity to provide an affordable, accessible, and sustainable service for vulnerable children.

One-to-one sessions start at £70 per child per session.

Please contact us for more details.

If you are interested in Clear Sky supporting children in your Oxfordshire school, please get in touch with us: info@clear-sky.org.uk