

Play and Creative Arts Therapy



Play Therapy is a way of helping children to express their thoughts and deal with their emotional problems, using play and creative arts as the main communication tool, rather than relying on words.

Play is the child's natural medium of self-expression and offers the child an opportunity to 'play out' their feelings and problems. Play therapy is particularly effective with children who cannot, or do not want to talk about their problems.

Play connects us with our unconscious mind, those memories that we have hidden away and struggle to recall. During play, we can connect with these hidden memories and bring them out into the conscious world easier than if we had to sit and talk about them.

Play Therapy is often non-directive and provides a space for children in which to explore their feelings and emotions with a therapist trained to attune to the child's feelings, and help them bring about change, particularly in relation to how they see themselves, the world, and others. The positive relationship between therapist and child can provide an emotional experience necessary for healing.

Ms Katie Cork



(PGDip) PTUK Certified Play and Creative Arts Therapist

(PGCert) PTUK Therapeutic Play

PGCE Primary

BSc (Hons) Equine and Human Sports Science