

**“ Play therapy was a fantastic experience for my son.**

**At times it was a light at the end of the tunnel and the only reason he wanted to go to school.**

**It was great to have someone who would listen to him and let him be himself. ”**

—Parent of 10-year-old

**“ Helen has provided excellent support, advice, experience and enthusiasm to our school.**

**As SENCo, I particularly valued her excellent record keeping and contribution to documentation which enabled two pupils to successfully obtain an EHCP. ”**

—SENCos and Deputy Head



**Helen Crosby**  
Play Therapist

## About me

I bring knowledge of the education and school system along with compassion and empathy into helping support children to thrive, work through their difficulties and enable their true potential.

I have worked in education as a qualified primary school teacher for nearly 20 years. During this time, I have worked with a wide range of children in different school settings. I saw a need for children to receive more support with their mental and emotional health and subsequently re-trained as a fully qualified play therapist.

### Contact

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Based in Chichester.  
Working in Southern West Sussex and East Hampshire.



**Helen  
Crosby**  
Play Therapy

# What is play therapy?

A short guide to therapeutic and creative play

# What is play therapy?

Play is a child's natural language and they can often communicate better through play than they can through words. Play therapy is a way of helping children to sort through their feelings without having to talk specifically about their difficulties.

## Play therapy offers:

- a safe environment for the child to unpack their feelings
- an observant and skilled therapist to help in this journey

## The Play Room

This is set up in the child's school or other location. A child has access to items such as:

- |                     |                       |
|---------------------|-----------------------|
| • paint             | • story books         |
| • craft materials   | • puppets             |
| • clay              | • dolls               |
| • sand tray         | • musical instruments |
| • miniature figures |                       |

## What happens in a play therapy session?

The therapy sessions are mostly child led, with the therapist following the child's interests and what they want to do in each session. Where appropriate, the therapist may suggest activities that might be helpful for the child. Each session is normally 40 minutes long.

Goals are set at the beginning of the sessions so that everyone is clear on why the therapy is taking place. Progress is reviewed regularly.

# Play safe!

Keeping children safe is vital.

- I have an up to date DBS check.
- I am a certified and accredited member of the Play Therapy UK (PTUK) register.  
For more info see:  
[www.playtherapyregister.co.uk](http://www.playtherapyregister.co.uk)
- I have a Postgraduate Diploma (PGDip) in Play Therapy (master's level 7) delivered through the Academy of Play and Child Psychotherapy, and accredited by Leeds Beckett University and the University of Galway.
- I receive regular clinical supervision. This means that my work is supported and reviewed monthly by an experienced supervisor.
- I work in accordance with the PTUK Ethical Framework.
- I adhere to the safeguarding policies of the places where I am working.



## Statistics

Evidence shows that between

**77% and 84%**

of children show a positive change through the use of play and creative arts therapies.

(PTUK clinical evidence base. Data from over 12,000 cases)

## What can play therapy help with?



### Concerns may include difficulties such as:

- |                        |                       |
|------------------------|-----------------------|
| • anxiety              | • bereavement         |
| • depression           | • bullying            |
| • self-image           | • family difficulties |
| • behaviour challenges | • friendship issues   |

## Parent & Child Relationship Coaching



I also offer coaching for parents who wish to develop a stronger and more positive relationship with their child.

Working one-to-one with a parent/carer on a structured program, I support them in learning how to set up and experience enriching times of play with their child at home.