



Frequently Asked Questions – Individuals

How do I make an appointment for my child to see a Play Therapist?

Parents/guardians can contact Open Therapeutic Services directly by phone, email or through the contact us page on our website and arrange an appointment.

What can I expect from the initial consultation?

An initial ½ hour meeting is provided free of charge to discuss a prospective child's referral by their parent/ guardian. This is to establish whether a play based intervention is appropriate for meeting the individual child client's needs.

If it is established that a therapeutic play intervention is appropriate then the parent/guardian will be invited to fill out a parent interview form, a referral form, a consent form and SDQ form. An SDQ form is a way of assessing a child's strengths and difficulties pre-intervention and at the end of the intervention. In this way, any changes can be measured/ compared.

How long will my child attend Play Therapy sessions?

Sessions will take place at a named location at the same time and on the same day, once per week. This is important for consistency and is an important aspect of the intervention.

Sessions normally last for 45mins.

It is recommended that a minimum of 8 sessions are undertaken initially. After this period, the parent/guardian will be invited to a review to consider whether the intervention should continue and to give feedback and a chance to ask questions.

Does my child need to attend every week?

It is important that the child /client attends on a weekly basis and does not miss a session unless completely unavoidable. This is for continuity and in the child's best interests for getting the most benefit from the sessions. Sessions are also timetabled and if a child should arrive late, they may not be able to have a full session.

Something has changed in my child's life, should inform the Play Therapist?

It is important that records are kept up to date in the best interests of the child/client especially around changes in medication, health, behaviour or home circumstances. Also changes of address, contact details and emergency contact details.

Will everything my child says in the sessions remain confidential?

With few exceptions everything that occurs within sessions and information gathered from Parents/guardians is confidential. Those exceptions required by law are as follows;

- If the information given by a child /client indicates a clear or imminent danger to the child/client or others, therapists are required by law to disclose the danger to the appropriate authorities and /or family members.
- If a therapist learns of neglect or abuse to the child/client, they are required by law to disclose this to the appropriate authorities.
- Therapists by law may be required to release confidential information if subpoenaed to Court.
- Parents/legal guardians have access to a minor's records.

What happens in a typical Play Therapy session?

A range of materials and toys will be made available for the child to explore their thoughts and feelings through play. They will have access to creative resources such as paint, glue, crafts materials, musical instruments, puppets , sandbox, small world figures and a safe space where they feel safe and comfortable.