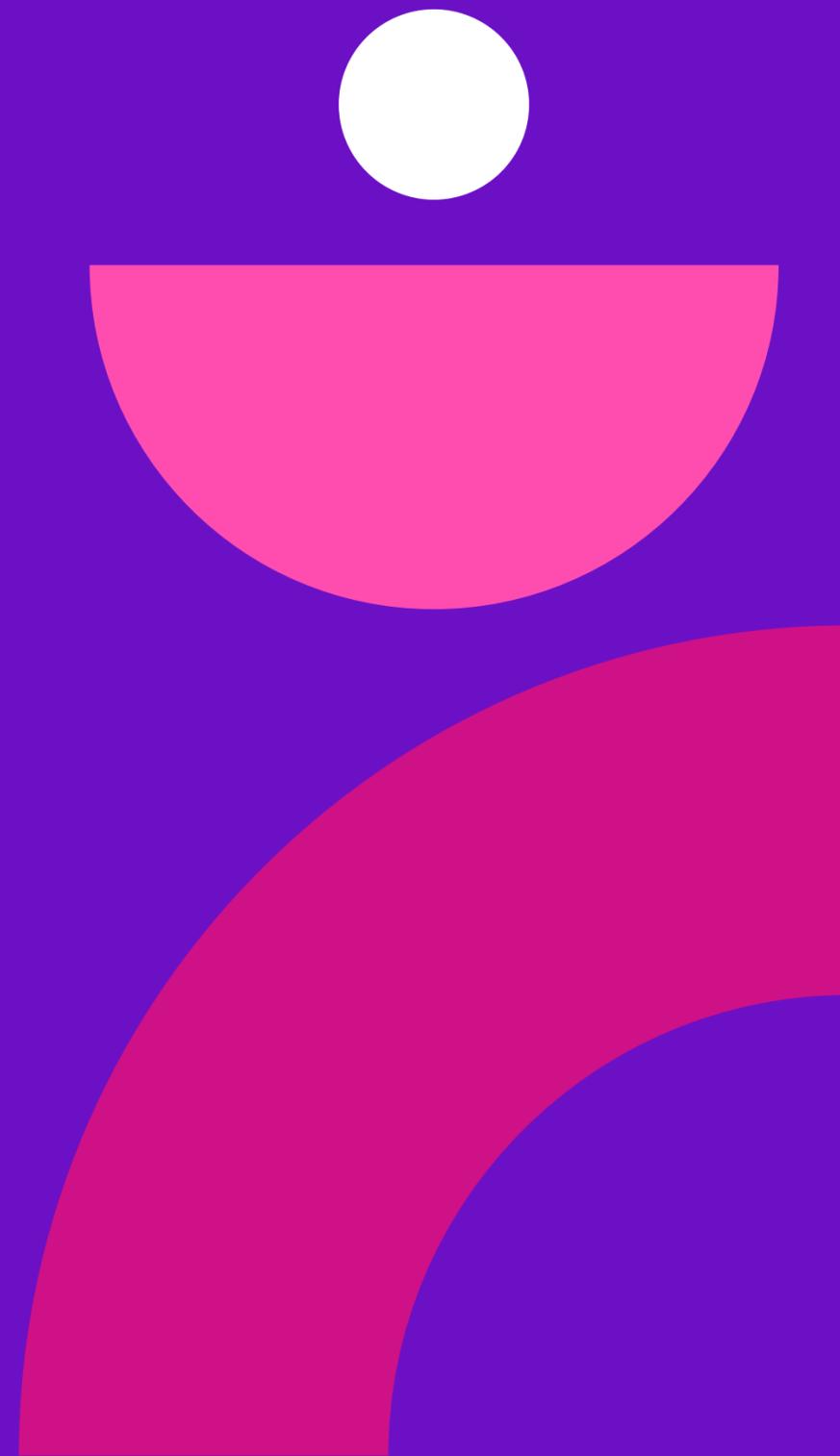




Theraplay

TOTAL CHILDRENS THERAPY

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Theraplay at TCT

SERVICE OUTLINE

Theraplay is a therapy that works with children, parents/main care givers of the child. It is a play-based treatment which promotes attachment bonding.

Theraplay is a way for adults and children to be together and deepen the relationship between them. It draws on a wide range of simple activities that create 'in the moment' connections between two people to develop closeness. It is based on a natural pattern of playful, healthy interaction. The aim is to strengthen the relationship/connection between child and their caregiver.

It benefits and helps parents to understand what may be causing behaviours and learn different approaches to interacting with their children which will improve their relationship and lead to improvements in emotional regulation and help the parent to feel more confident about meeting their child's needs.

Theraplay is an evidence-based therapy first published in 2009 and is included in the NICE guidelines.

The service is run by Caroline Ovens.

About Caroline Ovens

Caroline started her career as a nurse before moving to work in therapeutic residential care where she developed a therapeutic living environment for young children who had experienced trauma. Her training in counselling/psychological therapy started in 1983 whilst working in a Family Support Centre. She completed the Advanced Diploma in Therapeutic Counselling in 1996 at Manchester University. Since then, Caroline has attended extensive professional development and training related to work with children, including a Post Graduate Diploma in Family Practice (Family Therapy) from the University of Reading. She has completed Theraplay Level 2 and is now working towards her final accreditation.

She is a member of the British Association of Counselling and Psychotherapy (BACP) and also the Association of Family Therapy (AFT) and ensures to work within their ethical guidelines. Caroline works with children and families in a creative therapeutic way, combining play, story work etc, along with talking therapy.

She endeavours to create a warm and accepting environment in which children and families can feel safe and supported to explore their concerns, fears, worries, and feelings. In addition to her work at TCT, Caroline also works for CAMHS in East Dorset.

Caroline feels that attachment is the foundation of all our relationships, meaning if we have a difficult attachment with our main carer, whether from birth or perhaps there has been disruption for some reason, this has an impact on how we express ourselves and in our communication. Attachment difficulties have often been associated with adopted children; however, they are being increasingly recognised as happening within birth families. In Caroline's experience, this often gets overlooked and as such, what gets seen is the behaviour that happens as a result of difficult attachment. She works by not solely thinking about children's behaviour, but by looking at why they are needing to exhibit negative behaviour in the first place because children's behaviour is their voice.



Who is Theraplay for?

Theraplay is for children:

- Where it is recognised that there is an attachment difficulty.
- Who have been separated from their parents and need to re-build their relationship(s).
- Who have been fostered or adopted.
- Who have experienced a breakdown in attachment or connection with their main care giver(s).

How is it available?

Sessions take place on a weekly or fortnightly basis starting with assessments.

The therapy is usually held over a year and can go on longer to consolidate the attachment if required. There is however a defined start and end to this support.

Fees

Please refer to our Fees and Services document.





FOR FURTHER DETAILS OR TO MAKE A BOOKING

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