



## Therapy in Praxis

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### THERAPY IN PRAXIS

#### The Role of the Play Therapist

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##### **...developing abilities for all children with needs**

Therapy in Praxis aims to support the team around the child. We recognise just how important it is for a child to experience success and for the well-being of the family and support system to be able to see measurable changes in every area of the child's life.

We have found this comprehensive approach leads to lasting results not only in a therapeutic setting but also in the child's natural 'teaching' environments, home, school and community.

##### **The Play Specialist**

- Play is a familiar activity for most children. Play is the international language of the child
- Play is a fun, enjoyable activity that elevates our spirits and brightens our outlook on life
- Play expands self-expression, self-knowledge, self-actualisation and self-efficacy
- Play relieves feelings of stress and boredom, connects us to people in a positive way, stimulates creative thinking and exploration, regulates our emotions, and boosts our ego, (Landreth, 2002).
- Play allows us to practice skills and roles needed for survival.
- Learning and development are best fostered through play, (Russ, 2004).

The Play Specialist differs from the play therapist (although this term is widely used), in that the therapist is not involved in helping the child to address and resolve psychological conflicts and problems. Play therapy refers to a large number of treatment methods, all applying the therapeutic benefits of play.

The Play Specialist facilitates the child to develop the behaviours necessary as a foundation for learning and social-communication.

##### **The Role of the Play Specialist**

To provide appropriate assessment, advice and intervention for any play and learning difficulties which may occur due to a developmental delay or specific disorder or be acquired through injury or a degenerative process.