



Hello, my name is Naomi and I am your play therapist.

Here is a little bit about me...

I have been helping children to learn and feel better for over 14 years. I have worked with 100s of children. I love my job as a play therapist because I get to spend time playing with you and getting to know you as a person which is so special.

In my spare time I like to spend time outdoors going for nice walks and seeing beautiful things. I also like being creative and making things.

Little fun fact: I love penguins



How long will I see you for?

Children's problems can get better when they understand their feelings and experiences. This might happen quickly or it might take a long time, but in the end you and I will both feel ready to say goodbye. You will feel able to manage without me.



Face to Face Counselling

County Hall,
The Rhadyr,
Usk,
NP15 1GA

Email: facetoface@monmouthshire.gov.uk

What is Play Therapy?

Children and families



Play therapy is..... there to help you to feel better when you have who hurt and horrible feelings. When you have hidden- away hurt feelings because of things that have made you feel sad, angry, or maybe scared, a play therapist can help you to work out these feelings through playing so you can feel better.

Why am I seeing a play therapist?



I have been asked to see you because you have may have had some

horrible things happen. You might be feeling sad or angry or confused about these things. Maybe you can't help fighting or crying or you feel bad about yourself. The people that care for you want you to feel better. Sometimes it is hard to talk about your feelings so I will try to help you feel better without you having to explain in words. That's because children play their feelings better then they talk about them.

What will happen with I go to play therapy?



You will come to the play room at the same time each week and we will play together for about an hour. Then the person who

care for you will come and collect you. There are lots of different toys and craft things to play with in the play room. It's your special time to play, so you can choose what toys you would like to play with and how to play with them. I will help you to understand your feelings and worries so you can feel better.

I will see you either in your **school** or at a **clinic or private room**. Here is a picture of what the room might look like, it can help to have an idea of what it might look like when we are feeling a bit worried or uncertain.



This is one of the rooms we use at the library hub in USK.

Will my play therapist tell others what we have been playing?



In play therapy sessions, whatever you play and talk about is private, but not secret between you and me, your play

therapist. I won't tell anyone all the details of what you have played with or talked about, but I will need to tell a grown up about how you are getting on. Sometimes we might decide together to tell others something that is important. I will not tell other children.

I will have to tell other grownups if I am worried that someone is hurting you or you are hurting someone else, but we will talk about it first.

But you can choose to tell other what happens in the play room or you can keep it to yourself, then is ok too.