



Clear Sky deliver Play & Creative Arts Therapy to children who have experienced trauma or display emotional or behavioural difficulties.

Our qualified Therapists offer children an age appropriate way to 'play out' difficult feelings and build resilience to become happy children who love life and enjoy school.

## What is Play & Creative Arts Therapy?

Play & Creative Arts Therapy uses the child's natural language of play to help children overcome emotional or behavioural challenges. Specially trained therapists support children through the process of healing from trauma using play, drama, dance, music, art and sand.

## Who is Play & Creative Arts Therapy for?

Play & Creative Arts Therapy is for primary school aged children who have experienced trauma or display emotional or behavioural difficulties. These might include:

### Emotional

Anxiety  
Low self-esteem  
Difficulties with regulation  
Peer difficulties  
Low resilience

### Behavioural

Aggressive  
Withdrawn  
Antisocial behaviour  
Inattentive  
Hyperactive

### Environmental

Family breakdown  
Bullying  
Bereavement  
Abuse  
Trauma

# Important Info

## Why provide Play & Creative Arts Therapy in school?

Children who have experienced trauma or difficult life circumstances may struggle to achieve their potential in school and may find it challenging to access learning. Trauma can block children's ability to concentrate, take on board new information and engage in school life.

## How long do therapy sessions last and when do they take place?

Play & Creative Arts Therapy sessions are conducted one to one, once a week at the same time and place and last between 30 - 50 minutes depending on the child's age and developmental needs.

## How many sessions of therapy will a child need?

Each child referred for Play & Creative Arts Therapy will receive a minimum of 12 one to one Therapy sessions in line with the school term. We recommend budgeting for at least 24 sessions per child as each child's needs are different.

## What qualifications do Clear Sky Therapists hold?

At Clear Sky we have a team of Play Therapists, Art Therapists, Dramatherapists, Dance & Movement Psychotherapists, Child and Adolescent Play Based Counsellors and Child Psychotherapists to deliver the Play & Creative Arts Therapy sessions.

## What evidence is there that Play & Creative Arts Therapy works?

Over 90% of children experience positive change as a result of Play & Creative Arts Therapy alone. Combined with parental involvement and professional training, research shows that the impact on children's futures will be greater still.

## What is the cost of Play & Creative Arts Therapy?

Click the speech bubble for more information on the costs of our support packages which combine Play & Creative Arts Therapy, training for school staff and parent groups as part of our whole school approach to children's mental health.

92% of children who see a Clear Sky Therapist report significant improvements in emotional wellbeing

Click here for information on the cost of the support packages that we offer to schools, or call us on 01865 362789. We'd love to hear from you!



"At home I feel happier and more relaxed. I was really sad and depressed before. My anxiety was out of control." Child