

e Therapy



Play therapy is a therapeutic intervention that makes use of a water tray, toy figures, nature items, paint to create scenes of miniature worlds that reflect a person's inner thoughts, struggles, and concerns. This is a form of play therapy.

Water Play therapy is a hands-on therapy, often used with those who have experienced trauma, neglect, or abuse. Although Water Play Therapy is suited for working with young children, who often cannot express their feelings in words, it is also a technique that is really helpful for teens and adults who are having trouble expressing themselves and who may have suffered some form of severe emotional wounds, trauma and abuse.

Water Play therapy takes place in box-like containers. The trays are filled with water that clients use, along with miniature toys, to create a play world that reflects some aspect of real people and real experiences in their own lives. The client chooses from a large collection of toys and builds a small "world" in the water tray that reflects what is going on in their lives. The therapist observes the choice and arrangement of toys without interruption.

After a Water tray is completed, the client and therapist analyze and discuss the client's toy choices, their arrangement pattern in the water, and their symbolic or metaphoric meanings. Upon discussion, the client often chooses to make changes to the world they have created. Water play therapy may consist of a few sessions or last as long as several years.

With the help of water trays, clients, guided by a therapist, begin to understand the connection between the world they created in sand and their own inner world. By making changes in their make-believe world, clients are often empowered to make similar changes in their real world.

Water Play Therapy is often incorporated into Play Therapy and other Creative Therapy sessions.

Water Play Therapy can also be used as part of consultation, supervision and Therapeutic Parenting sessions.

Water Play Therapy is an innovative therapy technique.

Children's Therapy Services hosts a range of Water Play Therapy Training in the UK.



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