

More information about the Director of 'Out of the Box Play therapy.'

My name is Esther Tomlinson and I am an experienced and qualified Teacher and Therapeutic Play Practitioner. I have over fifteen years of experience working in Primary and Secondary schools and experience working as a Kindermusik Educator and Musician. As a teacher, I became frustrated that I couldn't do enough to help every child in terms of their emotional and psychological issues. As a Therapeutic Play Practitioner, I feel that I can make a huge difference in alleviating children's distress. Using Creative resources such as sand tray, clay, puppets, music and art, children are supported to express themselves in a safe way and through their natural medium of play. My aim as a Therapist is to provide a safe and supportive environment in order for children to flourish, become resilient and to empower and enrich the lives of children in order for them to reach their potential.

As a Therapeutic Play Practitioner, I work to PTUK ethical standards and governance and as such am registered on the accredited PSA register. I am committed to continuous professional development.

As a Therapeutic Play Practitioner I have an up to date DBS, I'm fully insured, and receive regular clinical supervision.

Esther Tomlinson

BA (hons) Music, PGCE Secondary Music, Post Graduate Certificate in Therapeutic Play Skills, CTABRSM.



Out of the Box
Play and Creative Arts Therapy



Additional services

Also offering Family therapy using DDP principles, trauma and attachment style parenting methods.

Training on using the attitude of PACE.

How to make a Referral

Please contact 'Out of the Box' Play and Creative Arts Therapy to make a referral on:

outoftheboxplaytherapy@gmail.com
or call Esther on 07710 239757

Alternatively, see our website:
www.outoftheboxtherapy.co.uk

Upon contact, we will send a referral form and arrange a convenient time to meet to discuss the referral.

www.outoftheboxtherapy.co.uk



Out of the Box Therapy



Out of the Box
Play and Creative Arts Therapy

**Providing Intervention
Through Creative
Therapeutic Play**

What is Play/Creative Arts Therapy?

Many children need support in emotional literacy. Others have behaviour or mental health problems at some stage that prevents them from fulfilling their full potential. Play/Creative Arts Therapy improves the emotional well being of the child. It uses Play and Creative Arts methods to address chronic, moderate and severe psychological, emotional conditions and mental health problems in children. The Play therapist works alongside the child, family, carers school to help unlock the potential in children and to make sense of their life experiences. Many children struggle to verbalise their feelings and as such, Play/Creative arts therapy is an ideal medium to help release children and reduce barriers to learning in the classroom.

What Does Play/Creative Arts Therapy Do?

It allows children the freedom to explore their emotions and feelings in a safe environment, whilst developing strategies to deal with situations more appropriately.

What Resources are used?

The Play/ Creative work is carried out in a playroom using the following equipment:

- Sand tray and miniatures
- Puppets
- Music
- Movement
- Art / drawing / painting
- Clay
- Therapeutic stories
- Creative visualisations
- Dolls house
- Construction toys



Where and how is the play carried out?

Play/ Creative Arts Therapy takes place in a safe playroom, with all the necessary equipment provided. There are as few boundaries as possible, but as many as necessary in the playroom. Sessions are not interrupted and the work is non – judgemental along with being predominantly child led. Sessions are held at the same time and place each week to ensure consistency for the child. The work carried out is protected under 'Play Therapy UK's' (PTUK) Ethical Framework to assure safety of practice, with a DBS and fully insured practitioner.

What is the evidence that Play Therapy works?

There are a number of studies indicating that over 20% of children have some form of emotional,behaviour ormental health problem. It is also essential to realise that mental health, like physical health, is as much about prevention as cure. PTUK has measured 28,000 cases over the last ten years. Overall, across all referrals throughout the world and the UK (using PTUK research only), between 77% and 80% of children show a positive change according to observations by referrers and parents; those who know the child best!

Reasons for Referral

Do you know a child who?

- Is not realising their full potential - academically, or socially?
- Has nightmares or has disturbed sleep?
- Is at risk of being/is excluded from school?
- Struggles with mental health issues?
- Has suffered trauma?
- Has suffered emotional, physical or sexual abuse?
- Is adopted or fostered or in the process of being?
- Has separated/divorced parents and struggling to cope?
- Suffers from anxiety, stress or phobias?
- Has suffered a loss or bereavement of any kind?
- Is withdrawn or continually unhappy?
- Is ill or disabled?
- Finds it difficult to make friends?
- Quarrels frequently with peers or siblings?
- Bullies others or is bullied themselves?
- Displays inappropriate behaviour?
- Doesn't play?
- Has emotional and behavioural problems?
- Has communication problems?
- Has Aspergers or autism?
- Has delayed language or delayed play development?
- Has attachment Issues?

Play and Creative Arts Therapy can help all of the issues above and more.