

What we can offer...

- Play therapy sessions for children aged 4 to 11 years old.
- Support for parents/carers on how to deal with specific situations/issues. Some children do not require therapy but their parents/carers just need some new strategies and ways of working with their child.

Contact details

Our Play Therapist is Vanora Campbell

You can email Vanora at
playtherapy@falkirktrinity.org.uk
or call her on 07882 615684

Vanora is a registered member of Play Therapy UK. You can find out more at www.playtherapy.org.uk

What is Play Therapy?



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What is Play Therapy?



Play Therapy helps children understand muddled feelings and upsetting events that they haven't had the chance to sort out

properly. Understanding what they are feeling and why, means that a child can decide more consciously what they want to do before they do it. Rather than having to explain what is troubling them, as adult therapy usually expects, children use play and/or creative means to communicate at their own level and at their own pace.

Children sometimes feel they have no control over the events in their lives. This can lead to negative behaviours where children are simply trying to get some control of their lives. Play Therapy helps them get back a sense of control and empowers them to be who they are.



How can Play Therapy help my child?

Play is vital to every child's social, emotional, cognitive, physical, creative and language development.



Play Therapy helps children make sense of their world and can enable them to share how they are feeling without the need to use words. It offers them a safe place where they may re-enact or play out traumatic or difficult life experiences in order to make sense of their past and move on to a much happier state. As children benefit from being listened to, anger, conflict, anxiety and other strong emotions give



way to improved self-esteem, confidence and a new way of being. This can result in healthier and happier relationships at home and with their peers in the wider community. It can also have an impact on their learning in the classroom as they become more settled, content and happier within themselves.

Feedback from children

"It's really helped me having someone to talk to."

"The sessions have really helped, thank you."

Feedback from parents

"Thank you so much for this service. The sessions have made a huge difference and we have our boy back."

"She is much calmer after her sessions. She feels as if she has an extra friend she can speak to."

"He really enjoys the sessions. He is much calmer and a lot less angry."

"The whole process was really easy and has helped to prepare me for dealing with other agencies."

Feedback from Headteacher and Nurture Teacher

"Vanora worked well with pupils, staff and parents and made a positive impact on the lives of many children. Meetings with parents and class teachers showed that the work Vanora was doing with the children was having a positive impact on their learning and attitude at home and in school and it was evident that progress had been made. Our school is situated in a deprived area of Falkirk and many vulnerable children attend. Play therapy has provided them with a safe place to feel comfortable to be themselves. It has been very beneficial in supporting the mental health needs of our children."