

Play Therapy

Play and Creative Arts Therapy helps children to explore through their natural medium of expression, play (Landreth, 2002). These include expressions of worries, fears and confusion. Play and Creative Arts helps children to learn about their own thoughts and feelings, make sense of them and reduce the fear. This makes the thoughts and feelings easier to handle and helps the child to feel and be understood, as they communicate through play instead of through words.

In play, the child is given a safe space and time to express themselves, including more difficult thoughts and feelings. The child builds their own self awareness and ability to make decisions, thus expanding these creative skills, as they make sense of their responses in the past and gain understanding of their present (Hutchinson, 2021).

The approach works with children and young people with a range of concerns such as anxiety, loss, bereavement, trauma, abuse and neglect, behaviour difficulties, Autism and ADHD (related anxiety), attachment disorders, sleep, toileting, intergenerational trauma, school issues, children who are looked after, adopted and children and young people who are seeking asylum or have refugee status.

As a BAPT Registered Play Therapist I have:

- Completed Master's level, MSc Play Therapy at the University of South Wales (accredited by BAPT) and Psychology MSc at Manchester Metropolitan University.
- A current enhanced Disclosure and Barring Service check (DBS)
- Public liability indemnity insurance
- Clinical supervision of my Play Therapy practice
- Commitment to the BAPT Ethical Basis for Good Practice in Play Therapy.
- Safeguarding/Child Protection Training)



Hello! I am Freya (she/her)

I am a BAPT Registered Play Therapist; this includes creative arts therapy within my therapeutic practice for individuals over the age of four years old.

I am a Play Therapist, Therapeutic Life Story Work Practitioner, and DIRFloortime® Facilitator, and the founder of Play Refuge.

With articles published in both the British Journal of Play Therapy (2025) and the International Journal of Playwork Practice (2020).

Prior to play therapy, I worked within children's social services, Barnardo's. and worked for a number of years as an English-as-a-foreign-language teacher in the UK and abroad.

Find Us

Contact us for more information or to discuss a referral. Referrals are welcome from parents/carers and professionals.

 freya@playrefuge.co.uk

Play Refuge is situated between the centre of Leamington Spa and the M40 (J14).



PLAY REFUGE

Child-Centred Play & Creative Arts Therapy
Bibliotherapy - Child-Parent Relationship Therapy
Therapeutic Life Story Work - Therapeutic Consultations
in Warwickshire



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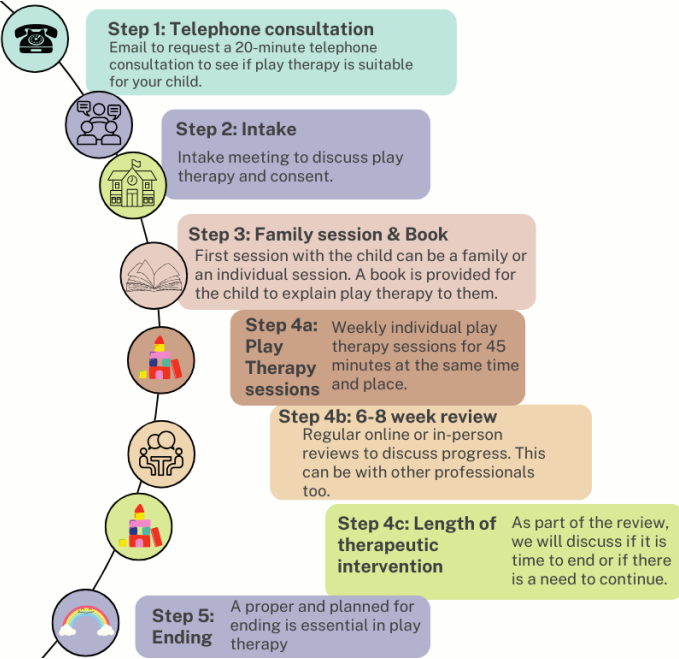
 www.playrefuge.co.uk

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Referral Process

Therapy sessions take place at the same time each week, and in the same space. It is child-centered play therapy, and non-directive, though sometimes I will integrate direct activities depending on the needs of the child. Play therapy is suitable for a child over four-years old. Here is a timeline of play therapy:



You may be able to obtain some support in funding play therapy for your child: Early Help (via Family Support Worker/school), EHCP, Pupil Premium, TALC, ASF (Adoption Support Fund), SGO (Special Guardianship Order). There are other trusts/organisations that may give a grant for therapy. Please contact us for more details.

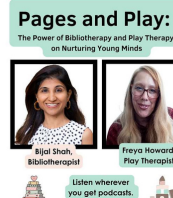
Consultations

Play therapy is not always required; in some cases, concise guidance and a discussion accompanied by selected book recommendations with an experienced play therapist can effectively address challenging circumstances, enhance self-awareness, and improve patterns of stressful interactions. I can complete with you a 1-hour online play and bibliotherapy consultation designed to help parents or carers support children or young people. Consultations can be one-off or part of a series, based on your needs.

Child-Parent Relationship Therapy

Play Refuge provides Child Parent Relationship Therapy (CPRT), this is 10-week play-based programme for parents/carers where they learn the skills of play therapy to respond more effectively to their children's emotional and behavioural concerns and engage their own child in therapeutic play within their own home.

Bibliotherapy



Bibliotherapy complements the consultancy's play guidance and is also integrated into play therapy approach with recommendations tailored to each child and discussed during both the intake and review process. In addition, Freya collaborated with bibliotherapist Bijal Shah to develop the limited-series podcast, *Pages and Play: The Power of Bibliotherapy and Play Therapy on Nurturing Young Minds*.

Each episode combines research, storytelling, book recommendations, and practical play-based strategies to support both children and the adults around them. The series addresses topics such as emotional literacy, diversity, anxiety, grief, and adolescence, offering practical insights for parents, educators, and others interested in these approaches. The podcast is available on major podcast platforms.

Resources

Play Refuge provides a library for children and young people as an additional service to play therapy. In addition, books and other resources for children, young people and professionals are available on www.playrefuge.co.uk



Play Therapy is a book for children starting play therapy for the first time, the book describes four children and their lives are before play therapy and as they start sessions. The book explains how play therapy works (the contractual information), the sessions, and confidentiality to support the children in providing informed consent before starting therapy. The story talks about the children's therapy and the different positive benefits to their lives. Copies are available in English, Ukrainian and Arabic from Play Refuge.

Training for professionals



Training is currently available in

- An introduction to play therapy
- Play therapy with individuals who have refugee status or are seeking asylum.

If your workplace is interested in training in these areas or would like to enquire about another aspect of play therapy, please do contact. Play Refuge can deliver bespoke courses and sessions for your organisation's needs. If you would like a brief presentation for your staff to gain an understanding of what play therapy is or specific topics, please do contact Play Refuge.

