Newcastle PLAY THERAPY

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Book your FREE Parent Consultation to see how we can help your child

Are you concerned about your child's self-esteem or confidence?
Are they anxious or depressed?
Aggressive or fearful?
Have they experienced a traumatic event, illness or separation?

As your child's brain is still developing and growing, traditional talking therapy used by adults is problematic. Their behaviour shows you that something is bothering them but they don't have the capacity to tell you how they are feeling. Play Therapy helps your child gain conscious awareness of these feelings, so they can learn to process and express them in an acceptable and playful manner.

"processing thoughts & feelings through play"