

# RSORKNEY

counselling, mediation & family support

## Play Therapy

A guide to play therapy services at Relationships Scotland Orkney

### Who is Play Therapy for?

Play Therapy is for anyone aged between 3 and 11 affected by family and relationship difficulties, alcohol or drugs. Big changes like parents separating, moving school, illness and bereavement can significantly affect how children feel and impact their behaviour at school or home. Children may have difficulty sleeping, have nightmares, feel bullied or left out. Play Therapy is a way of helping children explore their feelings and find ways of helping themselves through play.

### What can we offer?

Children generally meet with the Play Therapist for a series of 40 minute sessions over a course of about 12 weeks. During the sessions children are helped to find ways of helping themselves using puppets, painting, clay, sand, books and music. Children say they really enjoy the sessions and feel better when they end the therapy.

### Is it confidential?

Yes, our counsellors and therapists are bound by a duty of confidentiality, unless circumstances suggest that the issues being discussed may pose a risk to clients or the wider community. Such issues include domestic abuse, child protection, money laundering and terrorism. In all circumstances, care is taken to protect confidentiality and no disclosure will be made without discussing the issues first, unless there is an urgent risk of harm. All our counsellors and therapists work to the ethical standards of the national professional bodies.

### Is there a waiting list?

Waiting times vary. Please contact us for information on current waiting times.

### How much will it cost?

The service is free, although individual donations are welcomed.

### Contact us

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The office is staffed Monday - Friday 10.00 - 2.00  
Appointments outwith this time available by arrangement

Relationships Scotland Orkney is committed to the promotion of equal opportunities in all its work.

A member of Relationships Scotland

