

PLAY & CREATIVE ARTS THERAPY SURVEY



Anna Charleston

Overview of Results

- ☐ Almost all staff who responded to the survey were 'Very satisfied' with the school's Play Therapy service.
- ☐ Almost all staff demonstrated a solid understanding of what Play Therapy is.
- ☐ Staff overwhelmingly considered Play Therapy to have a calming impact on children in their class.
- ☐ Positive feedback on the school's Play Therapist, with a common theme of communication.
- ☐ Almost all staff did not wish the Play Therapy service to change, some requested more of it, one requested an extension of work with parents, one requested more feedback to Teaching Assistants and another requested further training.

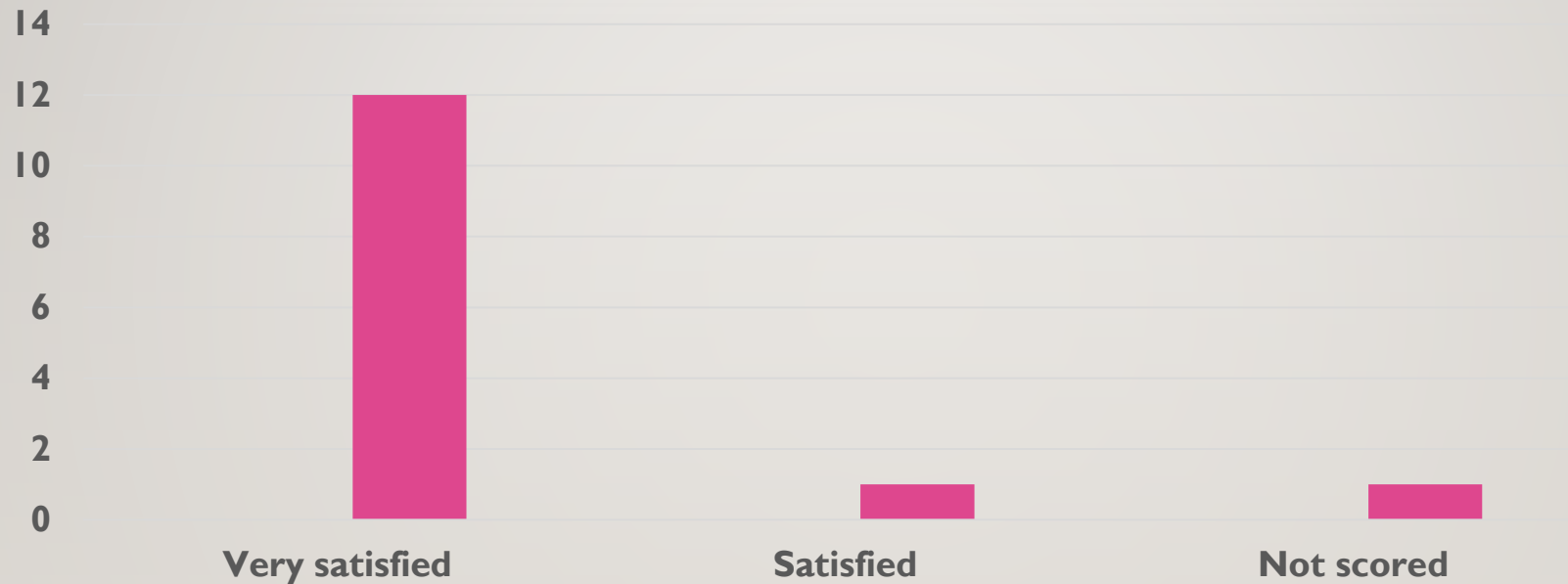
Next Steps:

- ☐ Plan for refresher training in 2019/2020.
- ☐ Continue to focus on both Teachers and Teaching Assistants and Lunchtime Leaders.
- ☐ Pastoral Manager to train to be a Play Therapist.



Survey Questions and Responses

How satisfied are you with the school's Play Therapy service?



Total respondents – 14

Options: Very satisfied / Satisfied / Neither Satisfied nor Dissatisfied / Dissatisfied / Very Dissatisfied

Appendix

Responses to Survey



What is Play Therapy?

- “A form of counselling in which play is used as a means of helping children express their feelings”.
- “A method of psychotherapy that helps children express their feelings through play”.
- “A form of counselling/therapy where play is used to help children express and communicate their feelings”.
- “A new avenue for children to express their emotions through play”.
- “A wonderful way for children to express their feelings and emotions through play”.
- “A form of counselling in which play is used to help children express their feelings”.
- “The use of therapeutic techniques through non-threatening play”.
- “Using play as a way of helping children work through and understand their emotions and experiences”.
- “Assessing, helping and understanding children through how they play. A different output for children”.
- “A form of therapy in which play is used as a means of helping a child express their feelings”.
- “Allowing unconscious feelings and emotions to become conscious. Allowing children to process trauma and life experiences”.
- “The opportunity for children to express themselves through play rather than just talking or writing.”
- “A form of counselling in which play is used as a means of helping children express or communicate their feelings”. (TA)
- “An opportunity to bond with and trust a trained adult”. (TA)



What impact have you seen on children in your class?

- “Children are calmer and show significant change in their behaviour and emotional wellbeing”.
- “Children have become more confident, assertive , cheerful and communicated their feelings better.”
- “Huge positive impact – children are much more able to self-regulate and express and explore their feelings.”
- “Children seem happier and calmer after the play sessions.”
- “Much calmer and happier to express themselves.”
- “Children respond well to sessions and are much more calm.”
- “More open and confident.”
- “Pupils are very positive about their experience of play therapy; many have no or few opportunities to engage with adults in this manner.”
- “Calmer, growing in self-esteem.”
- “Calmer, more expressive and confident.”
- “Fantastic improvement in life skills and ability to cope with circumstances”.
- “Children are more engaged with classwork and more confident to speak with adults both in and outside of class”.
- “Children seem more settled. They have better communication with their peers. They appear to be happier”.
- (TA)
- “The children enjoy attending.” (TA)



What does the Play Therapist do well?

- “Helps children address and resolve their problems and deal with emotional distress and trauma”.
- “Amazing rapport with children, communicates well with other staff, able to offer advice and helpful opinions!”
- “Listens to children well, is sympathetic, kind and patient. Sets a range of interesting activities. Communicates any concerns or progress of children well with the class teacher.”
- “Understand the needs of children, gives them kindness and love, communicates with class teacher.”
- “Great interaction with children.”
- “Listens to the children, encourages them to open up and is who they need her to be for a while.”
- “Secure trust of pupils. Ensures essential information is shared with staff”.
- “High levels of professionalism with complex cases.”
- “Positive relationships with children and staff. Very good at keeping teacher “in the loop”.”
- “Communicates, cares and understands.”
- “Great interaction with pupils, staff and parents. High level of integrity.”
- “Communication and building relationships. Fantastic with people and children find her warm and approachable. She is an expert in her field.”
- “She has been gentle, positive and caring. She has been able to give us simple targets to help children”.
- “She knows how to relate to the children. She knows how to respond to children’s needs and interests”. (TA)
- “Bond with the children, adjust to different children.”(TA)



Is there anything you'd like to change about the Play Therapy service?

- “More sessions, as it’s really helping children and it has academic benefits as well.”
- “More training for school staff on how to better support children who are receiving play therapy.”
- “More feedback to Teaching Assistants about specific children”. (TA)
- “Not change, but expand – particularly to guide parents to share with them the benefits of such techniques.”
- “To see more children!”
- “To learn more about how the Play Therapy sessions are run”.

