

Essex Child Therapy Services



"Our futures' emotional well-being"

"Play Therapy is one of the most effective ways of helping children in the immediate or mid-term aftermath of abuse. Young children especially find it difficult, or impossible, to articulate what has happened to them and how they feel about it; but their feelings inevitably run deep, and there's usually a need to confront those feelings and give vent to them. Play is a good way of communicating with a child and a way of getting a child to communicate with him or herself". **Jeanette Chipping, Children's Services Manager, NSPCC Swindon. (Taken from the Guardian 27.09.08, 02 supplement article 'Happy Childhood?')**

Newsletter



Happy New Year and Welcome to our Winter Newsletter!

Essex Child Therapy Services (ECTS) has been operating for four years now and has gradually established working relationships with many agencies across Essex including Fostering Agencies and Social Services, as well as taking on private referrals.

Recently ECTS has gone through major changes, as Janet and Sally have decided to hand over the management of this service to **Bernadette Letchford**. It is now based in **Takeley** (near Stansted Airport) and will continue to provide its services all across Essex. ECTS continues to offer play therapy for children and support for families.

Bernadette wishes Janet and Sally all the best for the future!

ECTS, Registered Address: Goar Lodge, Smith's Green, Takeley, CM22 6NS.
Tel: 01279 871 114

✉ info@essexchildtherapyservices.co.uk
web: www.essexchildtherapyservices.co.uk

Essex Child Therapy Services is constantly developing its services!

ECTS would like to update you on what is available now and will be in the future:

- ❖ **ECTS has developed** and able to deliver workshops for learning support assistants and other support staff in Schools, focusing on communicating with children, child protection, basic attachment theory and supporting troubled and bereaved children in the classroom.
- ❖ **Bernadette** recently attended **Liana Lowenstein's** workshop on '**Creative Intervention for Children and Families**'. This workshop provided valuable tools and insight into the effectiveness of working with families.
- ❖ **New Project:**
Natalia Bate (HPC registered), a qualified dramatherapist, and **Bernadette** are working jointly to develop a school based group intervention programme designed for children with low self-esteem. The project called '**The Therapeutic Drama-Play Project**' (TDPP), which will be piloted in the New Year.

The aims of the programme are to build emotional resilience, to encourage peer support and social interaction, to promote self-confidence, to help children develop positive self-image, to accept their individual differences, to provide a safe environment to explore and understand their strength and weaknesses, to normalize their feelings and emotions, to mix with other children and to have fun.

'Children's beliefs, thoughts, attitudes, emotional feelings, behaviours, motivation, interest and participation in events and activities, and expectations for the future, will all be significantly influenced by their level of self-esteem.' (K. and G. Geldard, 2003, p. 122)

FOR MORE INFORMATION ABOUT ECTS VISIT THE WEBSITE

www.essexchildtherapyservices.co.uk

☎ 01279 871 114

ECTS, Registered Address: Goar Lodge, Smith's Green, Takeley, CM22 6NS.
Tel: 01279 871 114

✉ info@essexchildtherapyservices.co.uk
web: www.essexchildtherapyservices.co.uk

✉ info@essexchildtherapyservices.co.uk

ECTS, Registered Address: Goar Lodge, Smith's Green, Takeley, CM22 6NS.
Tel: 01279 871 114

✉ info@essexchildtherapyservices.co.uk
web: www.essexchildtherapyservices.co.uk

ECTS, Registered Address: Goar Lodge, Smith's Green, Takeley, CM22 6NS.
Tel: 01279 871 114

✉ info@essexchildtherapyservices.co.uk
web: www.essexchildtherapyservices.co.uk