

Play Therapy



What is Play Therapy?

Play Therapy is a mode of therapy that helps children to explore their feelings, to express themselves and to make sense of their life experiences.

Conventional talking therapies may be inappropriate for children and young people who struggle to find the words to describe complex feelings. Through Play Therapy they can be enabled to explore and make sense of inexplicable emotions and by sorting out issues and concerns through metaphors in their play can be empowered to cope better with their difficulties in the real world.

Whilst there is a spectrum of styles and approaches within current Play Therapy practice, all share a common understanding that play is the natural primary means through which children learn, communicate and explore their worlds and through which they gain a sense of identity.

Play Therapists are also united in the belief that children have an innate drive towards a healthy resolution of their difficulties which can be facilitated by the provision of freedom of expression in a safe and trusting environment.

BAPT is Play Therapy

What is BAPT?

The British Association of Play Therapists is the first and foremost professional association for Play Therapy in the United Kingdom.

BAPT was founded in 1992 by a group of now internationally-respected practitioners who introduced and pioneered Play Therapy within Britain.

Now a registered charity, BAPT's Object is:

'To relieve the needs of children, young people and adults suffering emotional and behavioural difficulties by promoting the art and science of Play Therapy and promoting high standards in the practice of Play Therapy for the public benefit'.

Run by a democratically-elected Board of Directors, BAPT strives to ensure Play Therapists are trained and practising to the highest possible standards, for the safety of our vulnerable client group.

To this end BAPT accredit four highly-reputed training courses South London / Surrey and Glamorgan, Wales.

Play Therapists who have successfully completed this training are entitled to BAPT Full membership and to have their names on BAPT's British Register of Play Therapists.

The other many advantages of BAPT membership include: free subscription to the annual 'British Journal of Play Therapy', the quarterly magazine 'Play Therapy' & discounted prices on BAPT publications.

Any person or organisation interested in the field of Play Therapy may apply to become an Associate of BAPT, which also brings a range of benefits. BAPT has strong reciprocal links with the American-based Association of Play Therapy (APT)