061 477 8480
admin@rootedcare.co.za
www.rootedcare.co.za
28 Solomon Mahlangu Dr, Monument Park, Pretoria



INFORMATION LEAFLET ON THERAPEUTIC INTERVENTION

Thank you for choosing Rooted to provide therapeutic support and intervention to your child. We would like to take this opportunity to provide you with more information on the various therapeutic interventions and our foundational beliefs when it comes to working therapeutically with children. This information forms part of our process of informed consent. Please carefully read through this document and raise any questions regarding your child's therapeutic journey with your therapist.

Socio-Emotional Assessment As An Introduction To Therapy

Assessment prior to therapy is a crucial step in the therapeutic process, as it lays the foundation for effective intervention and treatment. It involves gathering information and understanding the individual's background, experiences, behaviours, emotions, and other relevant factors. When it comes to children, assessment is especially important in play therapy to identify the root causes of behavioural and other issues that need to be addressed. Here's why assessment is crucial:

- Assessment helps the therapist gain a comprehensive understanding of the child's life context, including family dynamics, school environment, social interactions, and any significant life events. This contextual information provides insights into potential triggers or stressors that may be influencing the child's behaviour.

- Children's behavioural issues often stem from underlying emotional, psychological, or developmental factors. Assessment allows the therapist to delve deeper into the child's inner world and emotions, uncovering any unresolved conflicts, traumas, fears, or anxieties that may be contributing to their behaviour.

- Every child is unique, and their challenges are often multifaceted. A thorough assessment helps the therapist tailor the treatment approach to the child's specific needs. It guides the therapist in selecting appropriate therapeutic techniques, interventions, and goals that are aligned with the child's individual circumstances. Assessment also aids the therapist to identify if any other referrals are necessary and what should take precedence in order to best serve the needs of the child.

- Effective therapy involves setting clear and achievable goals. Through assessment, the therapist can identify specific behaviours, emotional responses, or other issues that need to

be addressed. This allows for the establishment of realistic and measurable goals that can track the child's progress throughout therapy.

- Parents and caregivers play a crucial role in a child's therapy journey. Assessment provides parents with a clearer understanding of their child's challenges and needs. This enables parents to actively participate in the therapy process, implement strategies at home, and provide necessary support to their child.

- Children may have multiple issues or concerns that contribute to their behaviour. Assessment helps identify co-existing conditions such as anxiety, depression, ADHD, or sensory processing issues. Addressing these issues alongside the primary concerns leads to a more holistic and effective treatment approach.

- Ethical practice in therapy requires a thorough understanding of the client's needs and circumstances. Assessment ensures that interventions are evidence-based, culturally sensitive, and tailored to the child's unique background and experiences.

In summary, assessment prior to play therapy serves as a critical step in understanding the child's behavioural and emotional challenges. It provides a solid foundation for designing a personalised treatment plan that addresses the root causes of these issues, thereby increasing the likelihood of successful therapeutic outcomes. Prior to the onset of your child's therapy the social worker will first conduct a socio-emotional assessment with the child, provide you with feedback and make recommendations about the therapeutic process that will best serve the needs of your child.

Overview of Play Therapy (for Toddlers and Primary School Aged Children)

Play therapy is a specialized form of therapeutic intervention that uses play to help children express their thoughts, emotions, and experiences. Its primary purpose is to support emotional and psychological healing in children who may be facing various challenges or difficulties.

At Rooted we follow a **Child-Centred approach** and work from a **Systems Perspective**. Play therapy is designed to meet the unique needs of each child. It recognizes that children often communicate and process their feelings through play rather than verbal communication. By engaging in play activities, children can express themselves in a comfortable and natural way. Play therapy provides a safe and non-threatening environment for children to explore and express their thoughts and emotions.

Play therapy helps children learn to manage and regulate their emotions. Through play, they can learn how to identify, express, and cope with various emotions, which can contribute to improved emotional resilience. At Rooted we place **special attention on the role of emotional regulation** in

all therapeutic interventions with children by ensuring that children and parents are equipped with knowledge and skills around emotional regulation as a foundational goal in therapy. In this way we ensure that children can deal with difficult emotions, process loss and work through trauma(s) without being retraumatised.

Valuing a **Systems Approach,** we at Rooted place value on the involvement of parents or primary caregivers as a part of the therapeutic process. Play therapy often involves collaboration between therapists and parents. Therapists can provide insights into the child's emotional world, suggest strategies for supporting the child at home, and offer guidance on how to effectively communicate with the child.

Broad Outline of Therapy Process

Step 1: Socio Emotional Assessment / Intake and Orientation
Step 2: Intake session with the child / Establishing Trust and Safety
Step 3: Foundational skills in emotional regulation
Step 4: Emotional Expression and Processing of specific life event or challenge
Step 5: Progress Monitoring
Step 6: Termination

Note: The number of sessions and specific activities will vary depending on the child's unique circumstances and therapeutic goals.

The frequency of therapy sessions and the duration of each session in play therapy are important considerations in ensuring the effectiveness of the therapeutic process for your child. The frequency and duration can vary based on your child's unique needs and circumstances.

The **frequency** of play therapy sessions often depends on the severity of your child's challenges, their age, and their ability to engage in the therapeutic process. In the initial stages of therapy, it's common to have more frequent sessions, such as once or twice a week. This frequency allows your child to establish a connection with the therapist, become comfortable with the therapeutic environment, and start exploring their feelings and emotions through play. As progress is made and your child becomes more capable of applying coping strategies, the frequency of sessions may decrease to once a week or even biweekly.

The **duration** of therapy sessions typically ranges from 30 to 60 minutes, depending on your child's age, attention span, and emotional capacity.

The frequency and duration of sessions as well as the estimated number of sessions will be communicated to you during the feedback session following the socio-emotional assessment process.

Role And Importance Of Parental Involvement In The Therapy Process

Parental involvement in the therapy process is of paramount importance as it plays a crucial role in fostering the child's overall well-being, progress, and long-term therapeutic success. Parents are a child's primary support system and influential figures in their lives, and their active participation enhances the effectiveness of play therapy in several keyways.

- Parents possess a unique understanding of their child's history, personality, and daily experiences. Sharing this insight with the play therapist helps create a comprehensive treatment plan tailored to the child's needs, ensuring that therapy is aligned with the child's specific challenges and strengths.

- Parents can reinforce the skills and strategies learned in play therapy sessions at home, creating a consistent and supportive environment for the child's growth. The application of therapeutic techniques beyond the therapy room enhances the child's ability to generalize skills and coping mechanisms to real-life situations.

- Through therapy, parents gain valuable insights into their child's emotional world and communication style. This insight improves the parent-child relationship, deepening the bond and fostering open dialogue, trust, and understanding between them.

- Collaborative efforts between parents and the therapist allow for the exchange of information, progress updates, and shared goals. Parents become active participants in the therapeutic process, working together with the therapist to support the child's emotional growth.

- Parental involvement enhances the likelihood that the progress made in therapy will endure over time. Parents can reinforce positive changes, monitor the child's emotional well-being, and seek additional support if necessary.

In summary, parental involvement in therapy creates a holistic and supportive framework for the child's healing and development. By working collaboratively with the therapist, parents become an essential source of guidance, comfort, and empowerment, ensuring that the benefits of therapy extend beyond the therapy room and into the child's everyday life.

Therapy To Address Difficult Psycho-Social Challenges Or Life-Events

Ultimately, therapy aims to help children better understand themselves, their emotions, and their experiences, while also promoting their overall well-being and healthy development. It can be a valuable and effective tool for addressing a wide range of emotional and behavioural challenges that children may face.

Bereavement Counselling

Bereavement counselling serves as a compassionate and essential support system for individuals navigating the challenging journey of grief and loss. Grief is a deeply personal and complex emotional experience that can profoundly impact every aspect of one's life. During times of bereavement, the need for a safe and empathetic space to express feelings, process emotions, and find healthy ways to cope becomes paramount.

Bereavement counselling offers children the opportunity to receive professional guidance tailored to their unique developmental phase, understanding of death and needs within the grief journey, helping them navigate the intense emotions, adjustments, and transformations that accompany loss. By providing tools for healing and offering insights into the grieving process, bereavement counselling fosters resilience, facilitates acceptance, and ultimately empowers children to honour their memories while gradually finding a renewed sense of hope and meaning in their lives.

Divorce Counselling

Divorce counselling for children is an invaluable resource that offers young individuals a supportive and nurturing environment to navigate the emotional complexities arising from their parents' separation. Divorce is a major life transition that can evoke feelings of confusion, sadness, anger, and anxiety in children, often leaving them struggling to comprehend the changes unfolding around them. Expert divorce counselling equips children with the tools to express their emotions, process their thoughts, and develop healthy coping mechanisms, fostering resilience and emotional well-being. By addressing their concerns and fears in a safe space, divorce counselling enables children to better understand and navigate their feelings, promoting healthier communication, self-esteem, and the ability to forge positive relationships both now and in the future.

Trauma Therapy

Therapeutic intervention at Rooted offers a compassionate and specialised approach to helping young minds heal and recover from the emotional wounds of traumatic experiences. Trauma can deeply affect a child's sense of safety, self-esteem, and overall well-being, impacting their ability to form healthy relationships and navigate life's challenges. Tailored trauma therapy provides a safe space for children to process their feelings, reframe negative beliefs, and develop effective coping strategies. By addressing the root causes of their distress and empowering them to express,

understand, and manage their emotions, trauma therapy not only facilitates healing but also equips children with the resilience and tools needed to reclaim their lives, fostering a future of emotional strength and renewed hope.

Assisting Children With Difficulty In Peer Relationships

Therapy holds significant worth in assisting children who grapple with challenges in their peer relationships by providing a safe and creative space for them to explore and address underlying emotional challenges. Through interactive play and guided activities, children can simulate real-life social interactions, enabling them to practice effective communication, conflict resolution, and empathy in a controlled environment. Therapy helps children develop a deeper understanding of their emotions, social cues, and self-expression, fostering improved self-esteem and confidence. By gradually building these essential social and emotional skills, children are empowered to navigate peer relationships more positively, establishing meaningful connections, and laying the foundation for healthier interpersonal interactions throughout their lives.

Assisting Children Who Struggle With Anxiety And Emotional Regulation.

Therapy assists children struggling with emotional regulation and anxiety, providing a dynamic and nurturing space where they can express and process their feelings in a developmentally appropriate manner. Through play, children can externalize their inner turmoil, gain insight into the sources of their anxiety, and experiment with coping strategies. Play therapy also equips children with valuable tools to identify, manage, and communicate their emotions effectively, cultivating a sense of emotional resilience. By engaging in therapeutic activities, children gradually build a repertoire of healthy coping mechanisms, empowering them to face anxious situations with increased confidence, reduce distress, and ultimately experience a renewed sense of emotional well-being and self-assuredness.

As we embark on this path together, remember you're not alone. Your therapist is a compassionate guide, skilled in helping your child navigate their emotions and discover their strengths. Each session is a steppingstone towards a more confident, resilient, and emotionally intelligent individual. This journey is a testament to your enduring love and dedication. Through every challenge and triumph, you are shaping the story of your child's life—one that is filled with strength, resilience, and unwavering love.