



General Guide to Play Therapy Process

STAGE 1

Referral Forms:

- Referral Form – completed Referral form for therapy (required)

Referral Options:

- Filial Coaching from birth to 4 years (Parent and child sessions)
- Play Therapy 3 to 13 years (Child/Adolescent only sessions)
- Counselling/Psychotherapy 12/13 years upwards (Client only sessions)

STAGE 2

Therapist/Referrer:

- Initial contact with parent to gauge if intervention is agreed.

STAGE 3

- Meeting between Therapist/Parent

STAGE 4

Parent/Therapist Interview/assessment & forms:

- Therapist Contracts with Parent and Client U18s (completed during parent interview)
- Parent Permission Form U18s (completed during parent interview)
- Parent Interview Form U18s (completed during parent interview)
- Working On-line Consent Form Parent & Client U18s (other part completed during client interview, if online intervention is required)
- Parent SDQ/CORE Assessment form with subcategories – All ages. (completed before or during interview)
- Consent Form - Third Party sharing of Information and disclosures in relation to Client.

STAGE 5

Therapist:

- Analyse Parent SDQ/CORE Assessments

STAGE 6

Teacher/Referrer Forms:

- Teacher SDQ Assessment 2 to 4 or 4 to 12yrs
or
- Teacher SDQ/CORE Assessment 13 to 17yrs

STAGE 7

Therapist:

- Analyse Teacher SDQ/CORE Assessments

STAGE 8

Client/Therapist - Work Commences for 6/8 Sessions (Initially):

- Client attends first of six/eight sessions and a verbal contract and rules around confidentiality are discussed with client.
- Client Self-Assessment for 11 to 17yrs & Over 18yrs
- Working On-line Consent Form between 13yrs and U18s (other part completed during parent interview)

STAGE 9

On Completion of 6/8 therapeutic sessions

Client/Therapist:

- Client Self-Assessment (when viable)

STAGE 10

Therapist:

- Assess if interim, discharge or follow-on therapy is required.

STAGE 11

Parent:

- Completes additional Assessment

STAGE 12

Therapist:

- Analyse Parent Assessments

STAGE 13

Therapist:

- Consults parent and referrer to discuss therapy, discharge or follow-up therapy recommendation by Therapist.

STAGE 14

If Closing with Client

- Either a set or soft closing with client. (staggered or end date agreed)

STAGE 15

Therapist:

- Analyse data gathered and generate a report, share with third parties if necessary.
- Action to either place on the follow-up waiting list for further therapeutic work (within 3 months) or close file and notify FRC.

STAGE 16

Therapist:

- If continuing therapy return to stage 6/8 and agree further sessions with parent.