



OUT OF THE WOODS CIC

PLAY & CREATIVE
ARTS THERAPY

What we offer

Individual play and creative arts therapy

Suitable for mild to severe difficulties.

Minimum 12 sessions.

Group play and creative arts therapy.

Suitable for mild to moderate difficulties or for sibling groups.

Small groups of up to 6 children.

Minimum of 6 sessions.

Therapeutic Life Story Work Sessions

Therapeutic Life Story Work offers fostered and adopted children the opportunity to explore, question and understand past events of their life.

Minimum 12 sessions.

Autplay® Therapy

Working alongside parents/carers and SEN children using specialist play techniques.

Individual sessions. Minimum 18 sessions

Social skills groups (maximum 5 children)

Minimum 10 sessions.

Parent-Child Attachment Play (PCAP)

Using simple play techniques to empower parents and carers to strengthen the quality of relationship they share and enjoy with their child/children. Both inside and outside the home using an evidenced based playful approach.

Group sessions (maximum 8 people).

In person /online 5 x 2 hour sessions.

For more information please contact us



info@outofthewoods-therapy.co.uk



www.outofthewoods-therapy.co.uk



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7407 702528 / 07765 793447