



# Suki Jensen

Play Therapist

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Ms Jensen is Trinity primary's Play Therapist and she is a registered and accredited member of the PPS association. Ms Jensen is fully trained and continues to receive extensive training in subjects such as Child development, Neuroscience and Attachment (the bonding process). Training includes the use of play, a child's natural form of expression, as a means for understanding and communicating with children about feelings, thoughts and behaviour.

Play Therapy gives children the opportunity to develop their full potential within a safe environment. Some children can find it hard to express their feelings, which can cause them to have various behavioural problems and prevent them from realizing/reaching their potential. In the therapy room the children are able to use a variety of play and creative art techniques (the Play Therapy Tool-Kit) to alleviate chronic, mild and moderate psychological and emotional conditions.

Play Therapy helps children to understand their confused inner feelings and upsetting events that they haven't been able to process in their minds. Through the Play Therapy tool kit, it enables children to become in tuned with their deep inner feelings to communicate and understand their different emotions at their own level and pace.

Sessions take place once a week, on a 1:1 basis that can run from short term (twelve weeks) to long term (two terms or more) depending on the needs of the students. All sessions are confidential and it is up to each individual student to decide what they want to share with others about their therapy.

All Trinity Primary students can be referred for Play Therapy sessions by Ms Downes or Ms Lewis for a variety of reasons e.g. different forms of emotional issues, low self-esteem, poor concentration, which in turn can lead to children underachieving, struggling with anger, difficulties making friends, issues at home etc.

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