

How long will the play therapy last?

For involvement to be purposeful and the use of time to be efficient, our model for delivery is based on our play therapist supporting two young people per 3-hour session (equates to half-day school-commissioned time). This allows for two 'play therapy' sessions to be delivered (one per child), for the set-up and break-down of the equipment.

The initial referral stage typically includes:

- a parent/carers meeting (virtual/in-person)
- a meeting (virtual/in-person) with school staff, usually the child's class teacher
- an observation in the classroom, ideally observing a structured lesson and an unstructured break time
- a first meeting with the therapist, child, and a trusted adult, either a parent, carer or school staff

For two children/young people, this initial referral stage can take up to 9 hours (4-5 hours per child / young person), spread across three x 3-hour (half-day) sessions. The cost of this stage is £690¹

Sessions will begin after the referral stage *if the play therapy is deemed appropriate*. The duration of play therapy is based on the needs of the child, and the play therapist will work closely with all involved parties (such as parents, carers, school staff and other professionals) to determine the need and the continued need for play therapy. Below is a rough guide for the potential duration of play therapy; however, it is essential to keep in mind that each case is unique, and therefore, the duration can vary.

Schools can apply for funding through pastoral support plans to access additional support, such as specialist therapy services, including play therapy. Therefore, **PSP funding** can be used to fund (6 sessions), or part-fund play therapy sessions.

¹ Pricing: pricing is calculated at 80% of our current lowest chargeable day rate for the academic year 25/26 (equivalent to £460/day)

Number of sessions	Details of the child	Pricing for two children
6-12 sessions	<p>A child with no previous trauma and has highly supportive primary caregivers and a secure base. The child experienced a one-off incident, which is likely to be of low perceived threat to life, but distressing enough that the child would benefit from therapy. The child functions well in most environments.</p> <p>Example: A child experiencing anxiety after starting school. Presenting issue: The child is nervous about being away from home and struggles with separation anxiety in the mornings. They might have difficulty transitioning into the school routine and have a lot of worry about social interactions.</p>	<p>6 sessions per child = 3 full days² = £1380 (for two children) Referral stage (3h x 2) = £460 Ending mtg (1hr x 2) = £154 Total = £1994 (for two children)</p> <p>12 sessions per child = 6 full days = £2760 (for two children) Referral stage (4.5h x 2) = £690 Review mtg (1hr x 2) = £154 Ending mtg (1hr x 2) = £154 Total = £3758 (for two children)</p>
18-24 sessions	<p>A child who has experienced trauma that is significant in nature but not enduring throughout the majority of their childhood so far. The child functions in several environments but has moderate difficulties and appears to need further support to process their past experiences. The child is in a secure and safe environment and has primary caregivers who are engaged and supportive.</p> <p>Example: A child who has experienced a major traumatic event (car accident).</p>	<p>18 sessions per child = £4140 (for two children) Referral stage = £690 Two review mtgs per child (2hr x 2) = £308 Ending mtg (1hr x 2) = £154 Total = £5292 (for two children)</p>

² Note that sessions will occur weekly. Time allocated for each weekly session, for two children, is 0.5 days. Hence 6 sessions is equivalent to 3 days.



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	<p>Presenting issue: While the child is functioning well overall, they experience moderate distress (anxiety, flashbacks) when exposed to reminders of the trauma. The trauma occurred a couple of years ago and is not a continuous source of stress.</p>	<p>24 sessions per child = £5520 (for two children) Referral stage = £690 Three review mtgs per child (3hrs x 2) = £462 Two ending mtgs (1hr x 2) = £154 Total = £6826 (for two children)</p>
36 sessions to long-term intervention	<p>A child who has experienced a history of trauma, insecure attachment and/or significant loss. The child is now in an environment that is at least consistent and safe enough for therapeutic work to take place, although there may be issues that require parent/carer support alongside the therapy. The child displays a high level of distress or withdrawal and difficulty functioning in numerous environments. The child's previous experiences and current engagement with the primary caregiver will likely impact the number of sessions.</p> <p>Example: A child recovering from trauma, such as abuse or a significant loss. Presenting issue: The child has experienced emotional, physical, or sexual abuse and struggles with feelings of fear, shame, low self-esteem, and distrust of adults. They may have significant difficulty forming relationships, and their emotional regulation may be impaired.</p>	<p>36 sessions per child = £8280 (for two children) Referral stage = £690 Five review mtgs (5hrs x 2) = £770 Two ending mtgs (1hrs x 2) = £154 Total cost = £9894 (for two children)</p> <p>A long-term intervention would continue to include a review meeting every 6 weeks.</p>