

## CHILDREN'S CREATIVE THERAPY AT SV2



## ADDITIONAL SUPPORT NUMBERS

### SUPPORT FOR CHILDREN

**Childline**  
Helpline. 0800 1111

### SUPPORT FOR PARENTS

**NSPCC**  
Helpline. 0808 800 5000  
Email. [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

### TALK TO US

Tel. 01773 746 115  
Email. [help@sv2.org.uk](mailto:help@sv2.org.uk)  
[sv2.org.uk](http://sv2.org.uk)

Charity Number: 1077863



## CHILDREN'S THERAPY

For children 13 and under

**01773 746 115**  
[sv2.org.uk](http://sv2.org.uk)

## WHAT IS CHILDREN'S THERAPY AT SV2?

The creative therapy at SV2 uses art-making and play as part of the sessions.

In a creative therapy session, a child or teenager can explore their thoughts, feelings and experiences and express things in a way that works best for them.

## WHY USE ART OR PLAY ACTIVITIES?

Creative therapy can help children or teenagers to produce images or stories that can help to understand themselves and their situation better.

The children's therapy doesn't depend on just words and can therefore be helpful to anyone who finds it difficult to express their thoughts and feelings by talking.

Art and play are a natural language for children so it's easier for them to put across what they know or feel in a creative way.

## IN A THERAPY SESSION, A CHILD COULD USE THINGS LIKE:

- Felt tips
- Pastels
- Paints
- Glue
- Glitter
- Clay

A child can also make stories using puppets, small figures and use a sand tray.



Children don't need to feel like they are good at art or be skilled in art-making. The therapy sessions will be very different to an art lesson.

SV2 aims to help a child or teenager to recover from sexual abuse and go on to lead a happy and content life.



## CHILDREN'S THERAPY SESSIONS WITH SV2

A child or teenager will work with the therapist on his or her own for 45 minutes.

The sessions will be every week at the same time, at the same place and with the same therapist.

There are a lot of art and play materials to choose from and the sessions will vary from week to week.

The therapist helps the child or teenager to feel safe, relaxed and looked after so that they feel able to explore their thoughts and experiences using play and art materials.

To maintain confidentiality with the child, the therapist will keep art work safe and private until the therapy sessions have ended.

Your child is welcome to share with you anything about the session that they choose to.

We offer person-centred support to anyone who has experienced sexual violence.

Call 01773 746115 to talk to us

[sv2.org.uk](http://sv2.org.uk)