

## MISSION STATEMENT

ADAPT Play Therapy Service provides therapeutic support through play to children and young people who have been affected by domestic abuse.

Our aim is to be an active listener in how children and young people experience domestic abuse. We support them as they learn the skills they need to deal with the emotional and psychological effects of their experience.

When children witness domestic abuse you may see one or more of the following changes in their behaviour:

Not mixing with peers; Becoming withdrawn or quiet; Bed wetting; Having nightmares; Breaking toys; Running away; Being protective of you or clinging; Nervous acting out; Not eating; Being defiant.

Some may show aggression towards: parents; siblings; classmates; pets.

If you feel some of these describe your child's behaviour and would like her to get support please contact the Play Therapy Service.



# ADAPT

DOMESTIC ABUSE  
SERVICES



# Play Therapy

### Contact:

Simone or Ciara  
ADAPT Domestic Abuse Services  
061-412354  
[childcare@adaptservices.ie](mailto:childcare@adaptservices.ie)



Family Support Agency



Domestic Abuse • No Excuse • Break the Silence

1 800 200 504

The Play Therapy Service provides three levels of support to children who have witnessed domestic abuse:

1. Therapeutic Play Groups
2. Therapeutic Play
3. Play Therapy



## The Den

This is the therapeutic playroom where the sessions with the children take place. It contains various toys and equipment e.g. ball pool and sand box.

### 1. Therapeutic Play Groups

Therapeutic play groups are offered to groups of children of the same age who have witnessed domestic abuse.

The main aims of the therapeutic play group are to help the children:

- Use play to explore their feelings around domestic abuse.
- Build their confidence through having their story heard
- Use play to further develop their social skills



### 2. Therapeutic Play

Therapeutic play is offered to a child who has witnessed an event of domestic violence that has upset her and the upset has continued over an extended period of time.

The focus of therapeutic play is to help the child to deal with the emotional impact of the event with the hope that s/he will no longer be upset by the experience.



### 3. Play Therapy

Play therapy is a longer process offered to children/young people who have witnessed domestic abuse over a period of time or have witnessed a one off traumatic/violent incident.

Play therapy is offered to children where there is no longer any risk of further domestic abuse.

When a child grows up with domestic abuse, he will learn coping mechanisms to enable him to live with the threat of the violence. Therapy supports the child to let go of these and develop appropriate ways to live in a non-violent home.



### Supports for Mothers:

Therapeutic sessions last 50 minutes and there is a room for the child's mother to wait while her child is in session.

ADAPT Domestic Abuse Services also offers a range of one to one and group support to mothers of children who are availing of therapeutic support.

