

A day in the life of a children's therapist



"The farmer cannot make the germ develop and sprout from the seed; he can only supply the nurturing conditions which will permit the seed to develop its own potentialities."

Carl Rogers, American psychologist

A day in life of our children's therapist, Dr Jenny Grunwald, shows her brilliant efforts to supply the nurturing conditions for her child clients, just like a farmer:



Play therapy farmer miniatures

The first thing I do when I get in to work in the morning is to get my therapy room ready. The toys and resources that we have are all precious to us and so they are locked away at the end of each day. It can take quite a while to lay them out ready and inviting for the first child to use.

To do this kind of therapy, you need to have a good memory because we lay the toys out in exactly the same way for each therapy session. This is to help the children feel that they are coming to a safe and predictable environment.

Each therapy session lasts 45 minutes and I see one child at a time. There are lots of different activities for children to choose from: drawing/painting, clay, sand, games dressing up... and usually they want me to join in with them.

After sessions there is time for reflection alone and with colleagues and a chance to get paperwork done. I often speak to parents or social workers on the phone to catch up on other areas of a child's life and to make sure that the child is safe.

Tidying up at the end of the day really depends upon the children that I have seen. Sometimes it's just a case of putting everything back in its box, but other times I have to wash sand and paint off the toys to make sure that they are as good as new for the next child.

The days can be long and tiring and sometimes you go home carrying a lot of difficult emotions from the children. But therapy sessions are mostly very good fun. Not many people can say that they get to play for a living!

Help us to develop our supplies and nurturing conditions so that children can achieve their full potential.

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