

10th January 2022



INVERCLYDE
Community Fund

Inverclyde Community Fund 2021

Case Study – Mind Mosaic Child & Family Therapies

Amount Awarded: £1,000.00

“We used the grant to purchase specialist toys, games and books used in therapy, as therapists connect with children through the use of these then encourage them to explore themselves and their world by using these toys.

Children don't always have the words to communicate complex issues, their deep thoughts and emotions, or why they are acting aggressively. The play therapist helps through using these items which allows the child to explore their experiences through play, work through themes such as family relationships and nurturance, power and aggression, sexualised behaviour, control and safety, exploration and mastery, and many more.

Play therapists select toys that can be used to communicate and address issues that the child may be experiencing. These toys foster a connection and interactions between child and therapist.

To date, funding has allowed us to facilitate therapy to 30 children, providing evidence of psychological improvement and a positive outcome via the use of soft evaluation monitoring forms adapted from BAPT (British Association of Play Therapists).

Parents have reported that children have improved confidence and self-esteem; are more able to express their feelings and emotions; are more able to cope with issues.

This has enabled us to build solutions with and around children, young people and families, and those who work with them to enable all to share an understanding of the child's wellbeing and to support them to become “safe, healthy, achieving, nurtured,

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active, respected, responsible and included”, as outlined in the GIRFEC Framework (2012).

Since beginning work, we have worked extensively to promote the service by networking and establishing relationships with agencies and professionals in Education, Health and Social Work Services, inter-agency Child Protection Committee, the local CAMHS team, Educational Psychology, and such third sector agencies as Barnardo’s.

This has led to networking taking place on a daily basis where professionals from other agencies are seeking advice from this specialist service, as Mind Mosaic are currently providing the only play therapy-specific service in Inverclyde.

If we could only learn to respond effectively to children at the crisis point in their lives which brings them to us, and at subsequent points which are part of growth, we might save many of them from becoming clients in one capacity or another for the rest of their lives.”

- Mind Mosaic Child & Family Therapies (October 2021)

Further Reading

Read more about all of the other work that Mind Mosaic Child & Family Therapies do [here](#).

Please also visit the Mind Mosaic C&FT Facebook page via the link [here](#).