

**Age: 8**  
**Gender: Male**  
**School: P**

### **Presenting Problem:**

T was referred as he was struggling academically, found it hard to focus and had weak concentration and attention skills. School said 'We are concerned about T's self-esteem, he lacks confidence and only has a small number of strategies to use to cope and manage in school. Frequently he cries when faced by difficulties and presents as unhappy.'

T has two other male siblings who often seem to like to get physical at home.

T revealed that he felt lonely at school and no one wanted to play with him, he spent most of lunchtime sat on a bench by himself. He felt bullied.

### **Intervention**

I worked with T using Play Therapy which is a non-directive form of therapy whereby the client is free to choose from a range of materials with which to express themselves such as, sand, arts and crafts, puppets, music etc.

### **During the Sessions Topics Covered**

Sometimes T wanted to talk about the difficulties he faced with friendships and we were able to use this opportunity to look at making and keeping friends, positive playtimes and feeling confident.

### **Outcome / Impact**

As T's confidence and self-esteem improved so did his peer relationships and as his peer relationships became more positive his self-esteem and confidence was raised. As a result he was doing better in the class with his learning showing that there is a direct link between how you feel and how you achieve.

### **T said...**

- I've got more confidence with my school work
- I have more friends
- I get on better with my teacher
- This has helped me to learn to play well with other children this has got me more friends
- I used to get bullied and be lonely in school, I had no one to play with I sat on my own
- Now I feel more part of the year group
- I feel more brave at home like climbing trees- I used to be scared of heights
- I try out more things now
- I try to help my siblings to stop fighting
- I Enjoyed going to counselling

### **School said...**

- T has really enjoyed the intervention and often asks when his session will be
- He comes back to class with an uplifted and more positive attitude
- T's confidence has improved
- K (the counsellor) is professional and caring and has a good rapport with T