

Play therapy is the way to go for Kenya

Play therapy Kenyan context

Contextual issues

Views-our views of children

Communication Skills

Decision making

Solution

Issues leading to therapy

- Grief & Bereavement
- Psychosocial struggles-academic performance
- Bullying, home issues, school issues
- Abuse, substance abuse, family division
- Maladaptive behaviours
- Verbal limitation to express feelings, thoughts, needs.

(Bath, 2006, Crenshaw, 2005, Stroebe & Schut 2001, Wbb, 2002, Gil, 2006, Barwick 2006).

Therapeutic Benefits

- Self healing
- Empowerment-allows the child to work on emotional issues simultaneously
- Achievement of optimal growth & development
(Pearson, & Wilson, 2001, Ryan & Wilson, 2000, Wilson, & Ryan, 2005, APT, 2001)

MATERIALS

- Toys
- Sand
- Art

(Russ, 2004, Landreth, 2002)

Play Therapy in Kenya?

- Does it exist?
- Is it known by the same name?
- Does it meet the standard of play therapy?
- Is it effective?

Play in Kenya vs Play Therapy in the west

West

- Play therapy is theoretical base
- Structured
- Observed by a therapist
- Therapist is trained
- Therapeutic outcome seen

Kenya

- Play theoretical base (debatable)
- Not structured (debatable)
- Observed (grand mothers)
- Therapeutic outcome experienced

Improvement?

- Create awareness on the benefit of play to a child
- Create awareness of play therapy & its benefits to other stake holders for prevention purposes
- Select the components of play therapy that may be acceptable/affordable and most effective in supporting children

Conclusion

- Research
- Literature based on our cultures, religions, myths-story telling, beliefs, songs & dances
- Get everybody on board-parents / gurdians, house-helps, teachers,
- Trainings
- Supervisions