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Dear parent

To assist you with a better understanding of the process of play therapeutic assessment and play therapy I've compiled the following explanation.

1. PLAY THERAPEUTIC ASSESSMENT

1.1 Why play therapy assessment

Parents who are concerned about a child's behaviour or emotional progress, deterioration in academic progress, inappropriate social behaviour or a parent who simply struggle to understand the behaviour or attitudes of their children, bring them for play therapeutic assessment.

Behaviour such as extreme or ongoing separation anxiety, aggression, emotional outbursts, crying, withdrawal of some kind, anxiety & irrational fears or a change in the child's normal behaviour or process can be indicative of underlying emotional problems.

Play therapeutic assessment is done from the context of a therapeutic relationship that is combined with play therapy techniques - the atmosphere is therefore relaxed, playful and supportive. During this assessment the following aspects are assessed:

- Self-esteem
- Self-acceptance
- Ability to identify, accept and communicate emotions
- Relationship with parents and other relatives
- Perception of own ability to develop and prosper in current circumstances
- Stressors in his/her life
- Aggression (the nature, reason and function thereof)
- Signs of anxiety or depression
- Aspects that affect the child of an unconscious level (thus out of the child's awareness)

1.2 Duration

Assessment is handled in three sessions of 1 hour each.

- 2 x Sessions with the child
- 1 x Session with the parents for feedback and parental guidance addressing what was identified during assessment.

1.3 Who is involved

1.3.1 Assessment of child

Assessment is done with **only the child** present because children's natural process can be better evaluated in a one-on-one situation. They also tend to provide more comprehensive and honest information from their own frame of mind if they are the "person with the information". Children usually rely (often unconsciously) on the parent to provide information if the parent is present. They also find it unnecessary to give detailed content due to their awareness that the parent already has knowledge of certain information.

1.3.2 Assessment feedback & parental guidance session

During this discussion oral feedback is given about the information gathered and evaluation thereof. Findings can then be verified and discussed with parents, combined with parental guidance to direct parents in how the child's problem or behaviour should be addressed. This conversation is usually done a few days after the assessment to allow the therapist to work through the information obtained. **This visit is done without the child present so that a comfortable open conversation can take place and the attention of parents are not divided due to a bored or impatient child.**

During this session, the parents and therapist will discuss whether the child needs further therapeutic input.

- If a written assessment report is required, it will be at additional cost (R700,00).

2. PLAY THERAPY

Play therapy is the process by which we utilise various forms of play and play therapy techniques to address the problem or imbalance that affects the child's functioning. At the same time, the child's self-concept, self-esteem, self-awareness, social skills, emotional skills, emotional processes, relationships, attachment, trauma, adaptation, sensory-, bodily- and physical awareness are also addressed and developed. The play therapeutic process is usually about 7 sessions, focusing on these different aspects to guide the child to become balanced and develop general positive self-regulation skills. Depending on the course of therapy, the

progress of the child and the nature of the problem, this process may take fewer or sometimes more than 7 sessions.

3. COST

- **Assessment:** R1750.00 (Two sessions of 1 hour (with child) and feedback session of 1 hour (with parents))
- **Therapy:** R560,00 per session (1 Hour with child)
- **Short reports:** R700,00 per report (Feedback to parents, school etc.)
- **Psychosocial reports:** R1800,00 (Court reports etc.)

Requests for any one of the abovementioned reports to be done in writing stating which report would be required as well as stating the purpose for which the report would be required.

4. PAYMENT

4.1 Advance payment

Payment is to be done in advance which then serves as confirmation of the provisional appointments for both assessment and therapy.

4.2 Medical aid claims

The practice is registered for medical aid claims, but do not claim ourselves. You will pay the practice and then claim your payment back from your medical aid. Please indicate to the admin whether you require an invoice for this purpose, upon which it will then be prepared and forwarded to you. You need to ensure that all the relevant medical aid information is correctly completed on the online intake form as your invoice is electronically compiled from there – mistakes in spelling or numbers thus cause queries from your medical aid.

I'm looking forward to becoming part of your parenting journey and trust that I will be able to help you put the sparkle back in your child's eyes.

Kind regards

Dr. Johannalie Knoetze