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.

Therapeutic Benefits

- Self healing

- Empowerment—allows the child to work on emotional issues simultaneously

- Achievement of optimal growth & development
MATERIALS

- Toys
- Sand
- Art

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

<table>
<thead>
<tr>
<th>West</th>
<th>Kenya</th>
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</thead>
<tbody>
<tr>
<td>• Play therapy is theoretical base</td>
<td>• Play theoretical base (debatable)</td>
</tr>
<tr>
<td>• Structured</td>
<td>• Not structured (debatable)</td>
</tr>
<tr>
<td>• Observed by a therapist</td>
<td>• Observed (grand mothers)</td>
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<tr>
<td>• Therapist is trained</td>
<td>• Therapeutic outcome experienced</td>
</tr>
<tr>
<td>• Therapeutic outcome seen</td>
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Improvement?

• Create awareness on the benefit of play to a child

• Create awareness of play therapy & its benefits to other stakeholders 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/guardians, house-helps, teachers,

- Trainings

- Supervisions