



**Welcome**

# Welcome to Therapy in Praxis

Therapy in Praxis is an independent paediatric assessment and therapy practice based in North Yorkshire. Therapy in Praxis has established itself as a leader in specialist approaches and therapeutic treatments for children.

Therapy in Praxis offers comprehensive evaluation and treatment programmes designed to help a child to achieve sensory integration. Acknowledging that each child is unique and requires individualised therapies, we customise treatment plans from a range of well-respected sensory-integrative techniques and the latest auditory programs, including Johansen Sound Therapy® and several Advanced Brain Technologies programmes.

Therapy in Praxis offers skilled and experienced practitioners in a range of therapy approaches for children.



Therapy in Praxis is dedicated to helping children improve self-awareness, self-confidence and self-esteem through the medium of play that involves a rich and purposefully directed range of sensory experiences.

## ABOUT US

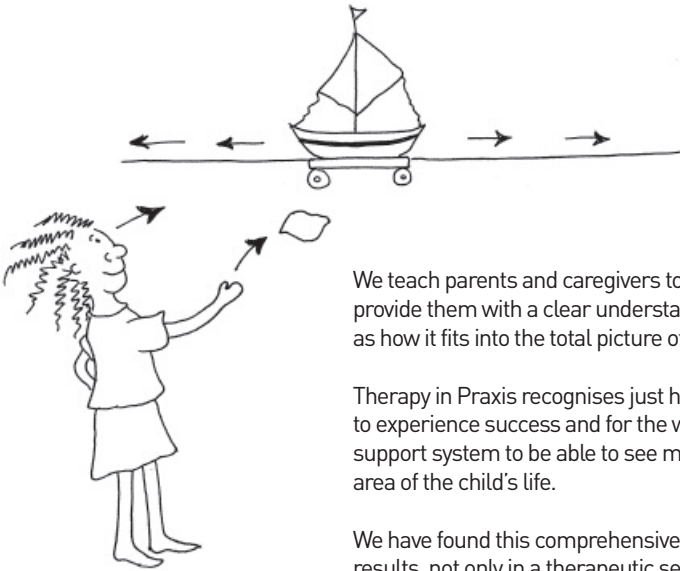
### Our approach

Our strategy at Therapy in Praxis is to combine individualised treatment sessions, home programming and therapeutic groups to build children's skills and help them better adapt to life's day-to-day challenges.

We provide a safe and friendly environment for learning and practicing new skills. And we stay on top of treatment trends, incorporating the latest successful therapies into our practice.

Therapy in Praxis is a team approach to support an individual child, setting up and maintaining support in every arena. This approach includes not only the therapy-related activities themselves, but also integration of new and improved skills into everyday activities.





We teach parents and caregivers to support their child and provide them with a clear understanding of its benefits, as well as how it fits into the total picture of the child's therapy.

Therapy in Praxis recognises just how important it is for a child to experience success and for the well being of the family and support system to be able to see measurable changes in every area of the child's life.

We have found this comprehensive approach leads to lasting results, not only in a therapeutic setting but also in the child's school, home and community.

## THE OCCUPATIONAL THERAPIST

Occupational Therapists working with children observe a child's occupations. These are the things that children need to be able to do to live their lives and fulfill their occupational roles, i.e. to be part of a family, play, look after themselves, make friends and go to school to learn!

The primary goal of the Occupational Therapist is to help children develop, restore and maintain those skills, behaviours and relationships necessary for independent living.

Occupational Therapy plays a role in helping a child and the family to adapt to the challenges imposed on everyday life by a physical, psychological or learning disability.

## THE ROLE OF THE OCCUPATIONAL THERAPIST

The Occupational Therapist assesses the child's performance and skills in activities that are meaningful to the child. When problems are identified, the occupational therapist helps the child to gain the relevant skills, or adapts the environment or makes adjustments and compensation or functional deficits. This enables more productive and satisfying learning and growing experiences for the child.



## THE PHYSIOTHERAPIST

Physiotherapy is the treatment of any childhood condition, acute or chronic, by physical intervention, which may marginalise physical development and therefore interfere with a child's functional development for living and learning.

Physiotherapists are involved with the physical development of a child and how this influences academic, cognitive, social and emotional development.

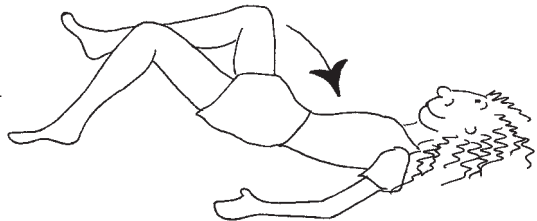
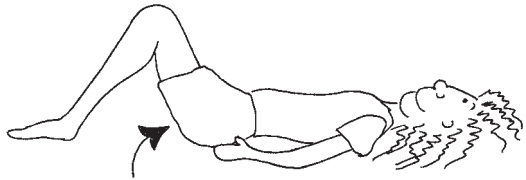
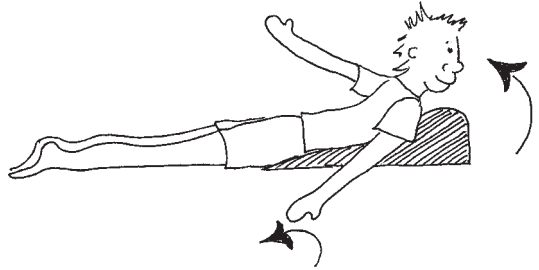
Referral may be initiated as a result of:

- Delay in normal developmental milestones
- Difficulties with physical activities including PE, balance, visual-motor ball skills
- Poor postural integrity
- Problems with gait requiring analysis
- Imbalance in muscle tone
- Muscle weakness

### The role of the Physiotherapist

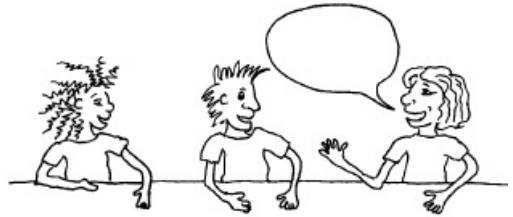
To provide appropriate assessment, advice and intervention for any physical difficulties which may occur due to a developmental delay or specific disorder or be acquired through injury or a degenerative process.

The Physiotherapist will carry out a comprehensive assessment to establish a child's baseline functional level and to ascertain whether their performance falls at an age appropriate level and with the quality expected.



## THE SPEECH AND LANGUAGE THERAPIST

The Speech and Language Therapist can provide appropriate assessment, advice and intervention for any impairment of speech, language or communication which may occur due to a developmental delay or specific disorder or be acquired through injury or a degenerative process



Areas which may be affected are as follows:

- Verbal comprehension understanding of spoken language
- Verbal expression and use of spoken language, i.e. vocabulary, sentence structure/meaning
- Intelligibility of speech, use of speech sounds, prosody, i.e. intonation
- Fluency of speech
- Oral-motor control for speech – verbal dyspraxia where the child has difficulties in making and coordinating the precise movements necessary for the production of spoken language, in the absence of neural or muscular damage.
- Associated language areas: symbolic development
- Auditory memory & processing
- Communication skills: use of interactive verbal and non-verbal skills e.g. use of gesture, facial expressions
- Contribution to the assessment and treatment of feeding difficulties



Many children who present to a Speech and Language Therapist may have a speech disorder which is not straight forward and progress from therapy is often slow; often their presentation is inconsistent and difficult to diagnose.

## THE PLAY SPECIALIST

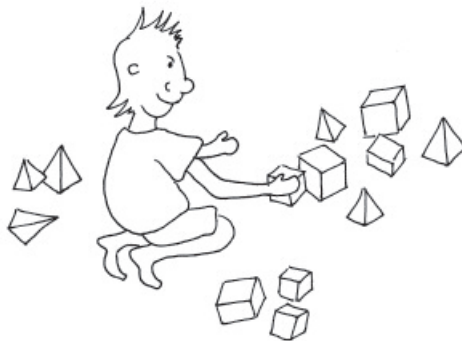
- Play is a familiar activity for most children.
- Play is the international language of the child.
- Play is a fun, enjoyable activity that elevates our spirits and brightens our outlook on life. Play expands self-expression, self-knowledge, self-actualisation and self-efficacy.
- Play relieves feelings of stress and boredom, connects us to people in a positive way, stimulates creative thinking and exploration, regulates our emotions, and boosts our ego, (Landreth, 2002).
- Play allows us to practice skills and roles needed for survival.
- Learning and development are best fostered through play, (Russ, 2004).

The Play Specialist differs from the play therapist (although this term is widely used), in that the therapist is not involved in helping the child to address and resolve psychological conflicts and problems. Play therapy refers to a large number of treatment methods, all applying the therapeutic benefits of play.

The Play Specialist facilitates the child to develop the behaviours necessary as a foundation for learning and social-communication.

### **The Role of the Play Specialist**

To provide appropriate assessment, advice and intervention for any play and learning difficulties which may occur due to a developmental delay or specific disorder or be acquired through injury or a degenerative process.



## FUTURE PROOFING

Therapy in Praxis is developing a service for children that encompasses every aspect of healthy living and a healthy lifestyle including diet, exercise, work-play balance and stress management.

### **The Role of the Specialist Coach**

To 'turn children on to' living a healthy active lifestyle. This means they choose to participate in regular physical activity and make healthy choices themselves.

The Specialist Coach enables the child to access a range of sports and activities and promotes healthy choices with regards to activity, lifestyle and diet through a positive role model.

Children are educated as to what healthy choices are and to work to develop these skills. This includes the confidence and motivation to access these on a daily basis.

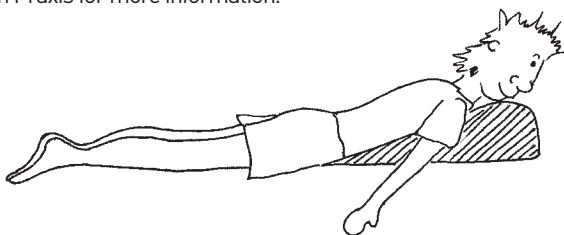
Specific goals can include:

- improving cardiovascular / aerobic fitness
- developing fine and gross motor skills
- weight management and weight loss
- improving muscle tone, strength and flexibility
- channeling behaviours in a positive way
- educating parents and caregivers about physical activity and healthy choices
- building physical activity and healthy choices into daily routine
- developing confidence and motivation

Specialist on -site facilities include a fitness suite and computerised recording of personal profiles.

Other services available to Therapy in Praxis include paediatric -focused nutritional and dietetic advice.

Please contact Therapy in Praxis for more information.



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