



Exiting & Re-engaging in play therapy

A Guide for Parents & Caregivers

From Evolve Well Health

This guide explains when it might be time to wrap up therapy, what that process looks like, and how to reconnect in future if needed.

When Is It Time to Exit Therapy?

Every child's journey is unique, but therapy often comes to a natural close when:

- The initial goals have been met (e.g., improved emotional regulation, social confidence, coping skills).
- Your child is managing well at home and school, with fewer signs of distress.
- They've had a consistent period of stability and growth.
- Your child is showing signs of wanting more independence and less support.

We celebrate these transitions as a reflection of your child's resilience, confidence, and readiness to carry their new skills into the world.

Why a Gentle Goodbye Matters

Finishing therapy is a significant moment, especially for children who have built a safe and trusting relationship with their therapist. We recommend creating a planned discharge to avoid confusion, distress, or a sense of abandonment.

We'll work with you and your child to:

- **Prepare** for the last few sessions in a clear and gentle way.
- **Celebrate** progress and name what your child has learned.
- **Offer** age-appropriate **goodbye rituals** (e.g., a special game, memory jar, or certificate).
- **Give** you **tools** to support your child **post-therapy**.

Abrupt endings can be confusing or upsetting for children. We encourage families to plan ahead and let us know early if you're considering finishing up.



When to Re-Engage Therapy

It's completely normal for a child to benefit from support at different stages of their life, especially during transitions like:

- Starting or changing schools
- Adjusting to family changes (e.g., separation, loss, new sibling)
- New or returning challenges with behaviour, anxiety, or social skills
- Changes in diagnosis or funding
- Puberty or developmental shifts

We offer an open-door policy; you're always welcome to come back when the time feels right.

What Re-Engagement Looks Like

If you decide to return:

1. **Reach out** to us via our email info@evolvewellhealth.com
2. We'll provide a **new referral form** and organise a brief call to discuss what's changed
3. A new or **updated service agreement** will be arranged
4. Your child may **return to therapy** sessions based on availability (wait times may apply)

We'll help you and your child feel supported and familiar, even if some time has passed.

Let's Talk About It

Whether you're thinking about finishing up or wondering when to return, we're here to talk it through. These decisions are best made together, with care and clarity.

Contact Us:

✉ info@evolvewellhealth.com
🌐 evolvewellhealth.com

