

awa

supporting women and children
against domestic violence



Healing after Domestic Abuse

Because our work with children is confidential, we're sharing a case study using an alias instead of real names. Here's the story of "Amelia," a child who came to Treehouse (formerly pop@storehouse) for support



Amelia was sent to us because she was struggling emotionally at home. She had experienced domestic abuse and they were now safe in a new home.

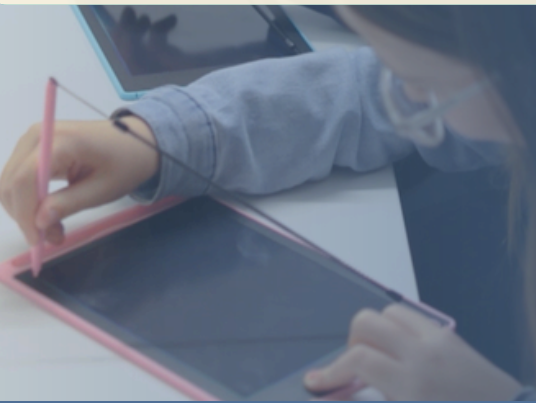


However, she often felt overwhelmed, had difficulty managing her feelings, and sometimes hurt herself. At school, she seemed fine and got along with others, but starting her school day was tough. Mum struggled to get her into the classroom and out of the home. It was clear she hid her true feelings at school, making it hard for teachers to spot her struggles



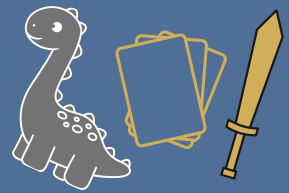
Anchors a child from within, helping them feel calmer, stronger, and reconnected.

What we did:



In a play therapy session, a child expresses themselves using the toys and art supplies in the play room. Sessions are 40 minutes and take place weekly for a minimum of 18 weeks.

Amelia took part in 22 sessions of play therapy with Treehouse at Aylesbury Vineyard. This type of therapy lets kids work through their feelings by playing in a safe, supportive space with a specialist Play Therapist. Amelia especially liked using the sand tray, which helped her express thoughts and emotions she couldn't put into words.



How Amelia Changed:

During play therapy, Amelia made real progress.


- She learned ways to calm herself when upset and became more confident talking about her feelings.
- She got better at thinking things through and considering different ideas.
- Her relationships improved, and she was able to handle tough emotions better than before.

At first, her emotional difficulties became harder, which simply meant she was opening up more.

“By the end of the therapy, both her school and her parent called her progress “outstanding.”



She had met 100% of her goals and hopes that mum and school had set.



Amelia's story shows how play therapy can help children who keep their emotions hidden. With the right support, they can overcome distress, build resilience, and feel better about themselves.

Support another child like Amelia:

We would like to share the opportunity of supporting another child who is needing healing from experiences of domestic abuse.

£66

Funds 1 specialist Play Therapy or 1 Parent Coaching session

or **£5.5** per month for 12 months

£264

Funds almost a full month of Play Therapy

or **£22** per month for 12 months

£1,620

Support a full 20-week journey for a child and their family

or **£135** per month for 12 months

To give a donation, you may scan QR code below:



At Treehouse, we believe
play can change everything
it brings safety, connection
and joy back into children's
lives.



treehouse play therapy

Aylesbury Vineyard
Gatehouse Way
Aylesbury
HP19 8DN

In partnership and supported by:



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