

PLAY THERAPY

What is Play Therapy?

There are two types of Play Therapy (PT). Non-Directive or Child-Centered PT is led by the child. The therapist tracks their play verbally, much like a sports broadcaster. A therapist can intervene during play to help children develop healthier coping skills. Directive PT involves a more prescriptive approach, where the therapist selects specific types of play tasks to help the child cope with his or her particular need. Types of play include: physical, expressive, manipulative, symbolic, dramatic, familiarization, and games. As children grow, their play changes. Play can occur in a solitary, parallel, onlooker, or cooperative manner.

How Does Play Therapy Work?

Adults solve problems by thinking and analyzing. Children and teens solve problems by using play to work through these problems and help develop personalized, effective coping skills.

Who benefits from Play Therapy?

Play Therapy benefits people across their lifespan. Individuals, families, and groups can use Play Therapy as part of their behavioral healthcare program. Play facilitates physical, emotional, cognitive, social, and moral development.

How Long Does Play Therapy last?

Play Therapy can be a short-term or long-term type of intervention, depending upon the child's progress. Sessions are held in 30-50 minute increments.

Sand Tray Therapy

Children are often asked to explain their feeling and behaviors. They can use symbolic figures as a means of expressing and exploring emotions and actions. The tray is seen as the young person's world. Through creating a sand tray, he or she can explore issues without the traditional talk therapy. As a result of this intervention, children are able to feel more in control of their life situation which is contained in the sand tray.

Do Adolescents and Families use Play Therapy?

Yes! Filial Play is a specialized type of play developed for use with families. Teens can use play to explore their identities, manage emotions, and solve problems.



**To a child, work is their play.
Toys are their language.**

Play Therapy is a type of mental health intervention that helps young people communicate, solve problems, and change their behavior.



Appointments ... 1-877-574-1254

24/7 Crisis 1-800-560-4038

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