

what is PLAY THERAPY?

FROM THE INTERNATIONAL ASSOCIATION FOR PLAY THERAPY:

"THE SYSTEMATIC USE OF A THEORETICAL MODEL TO ESTABLISH AN INTERPERSONAL PROCESS WHEREIN TRAINED PLAY THERAPISTS USE THE THERAPEUTIC POWERS OF PLAY TO HELP CLIENTS PREVENT OR RESOLVE PSYCHOSOCIAL DIFFICULTIES AND ACHIEVE OPTIMAL GROWTH AND DEVELOPMENT."



Play is a child's natural form of communication. It bridges concrete experience to abstract thought.

Play Therapy is for all ages - even adults need play for healthy brains - but especially for ages 3-17.



Parents are involved in this process and the therapist meets with them separately every 4-8 weeks to discuss strategies and progress.



Play therapy can be fun, but is more generally described as work. We are working through, working to build, working to grow - in skills, in understanding, in communication, in expression, and in healthy internal processes.

- ### MODALITIES
- CBT-Play
 - Child-Centered
 - Adlerian Play Therapy
 - Game Therapy
 - Sand Tray Therapy
 - Art Therapy

Play Therapy is research backed and helps with a variety of childhood presentations: anxiety, depression, ADHD, ODD, emotional regulation in autism, Intermittent Explosive Disorder, trauma and situational difficulties like divorce and bullying.



Skilled play therapists use these modalities to help children with an internal and interpersonal process. This helps children process emotions, grow self-esteem, reduce negative behaviors, practice new behaviors, manage emotions, and feel understood.



It is important to talk to your therapist about the proposed length of therapy and how to end therapy appropriately so as not to disrupt the process.

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