

PROGRAMS & SERVICES

PLAY THERAPY

Play Therapy

Play Therapy is a means of helping children express or communicate their feelings. A trained therapist can use playtime to observe and gain insights into a child's problems. The therapist can then help the child explore emotions and deal with unresolved trauma. Through play, children can learn new coping mechanisms and how to redirect inappropriate behaviors.

Play isn't just for kids, and neither is play therapy. Teenagers and adults can also have a difficult time expressing their innermost feelings in words. When working with adults, a therapist may use dramatic role-playing or sand-tray therapy. These therapies can help clients work on strategies for dealing with particular scenarios.

By interacting with families on a holistic level, play therapists will be able to interact both with parents and with children, either separately or together.

- Play Therapist
- One-on-One or group sessions
- For children or parents, either separately or together
- Helpful for children with:
 - Chronic illnesses
 - Developmental delays
 - Problem behaviors in school
 - Aggressive behaviors
 - Family issues
 - Natural disasters
 - ADHS
 - Autism
 - Eating and toiletry disorders

