

WHAT TO EXPECT

The play therapy session is for therapy, **not just for play**. Using evidence-based techniques, our therapists use play as a bridge to help children express emotions, process experiences, and build coping skills.

Just like traditional therapy, it can take several sessions for a child to feel comfortable. Our therapists move at your child's pace and adjust the process to their needs.

Sessions take place in **experiential play spaces**, filled with toys, art materials, and expressive tools. These objects become the instruments that a child and therapist use to accomplish the therapeutic goals. Because these sessions involve more setup and cleanup, they may end slightly earlier than traditional appointments.

We value parent collaboration.

Parent-therapist check-ins are always welcome! You'll receive support, guidance, and strategies to use at home to help your child continue growing beyond the playroom.

WHY PLAY THERAPY?

Play therapy is effective when words fail because it allows children to communicate their inner world through their "natural language". Instead of traditional talk therapy, which can be pressure-filled and difficult for children, play offers a symbolic and action-oriented way to process emotions and work through problems, fostering healing and self-expression.



In a play therapy session, a therapist will offer a variety of toys and objects to explore.

The therapist will observe the child's behavior to understand their challenges, reflect their feelings, and gently guide them toward problem-solving and emotional regulation. Patience is key, as progress depends on the child's individual pace and a trusting relationship with the therapist.

Renew
Relationship Counseling





ABOUT PLAY THERAPY

Play therapy is a therapeutic approach specifically designed for children. It can be applied to children as young as age 3 up through about age 12. Because play is the universal language of children, play becomes a powerful medium for therapeutic support. Play therapy works by using a child's natural language of play to help them express emotions, process difficult experiences, and build coping skills in a safe, therapeutic environment with a trained professional.



BENEFITS OF PLAY THERAPY

Emotional Expression and Regulation:

- Provides a safe and supportive environment for children to express their emotions, such as fear, anger, and sadness.
- Helps children develop coping mechanisms and learn to regulate their emotions effectively.

Improved Social Skills and Relationships:

- Enhances social interaction and communication skills through play-based activities.
- Fosters empathy, understanding, and respect for others.
- Helps children build stronger relationships with family, friends, and peers.

Cognitive Development and Problem-Solving:

- Promotes cognitive flexibility and creative thinking through imaginative play.
- Helps children develop problem-solving skills and gain insights into their challenges.
- Enhances self-awareness and understanding of their own emotions and behaviors.

...MORE BENEFITS OF PLAY THERAPY

Trauma Processing and Healing:

- Promotes cognitive flexibility and creative thinking through imaginative play.
- Helps children develop problem-solving skills and gain insights into their challenges.
- Enhances self-awareness and understanding of their own emotions and behaviors.

Reduced Anxiety and Depression:

- Provides a supportive environment for children to work through their anxieties and fears.
- Helps children develop a sense of control and reduce symptoms of depression.

Overall Well-Being and Adjustment:

- Promotes children's overall mental, emotional, and social well-being.
- Helps children build confidence, self-esteem, and a positive sense of self.

