

What is Play Therapy?

Play therapy is 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.



Who are Play Therapists?

Play Therapy should only be provided by graduate-level mental health professionals who have met the required education, clinical licensure, and additional specialized training and supervision specific to Play Therapy. Registered Play Therapists (RPTs) have met the stringent standards set by the Association for Play Therapy (APT) to become credentialed Play Therapists.

Why is Play Therapy Used?

Through play therapy, children learn to communicate with others, express feelings, modify behavior, develop problem-solving skills, and learn a variety of ways of relating to others. Play provides a safe psychological distance from their problems and allows expression of thoughts and feelings appropriate to their development.

How does it work?

Play therapy is utilized to help children cope with difficult emotions and find solutions to problems. By confronting problems in the clinical Play Therapy setting, children find healthier solutions. Play therapy allows children to change the way they think about, feel toward, and resolve their concerns. Even the most troubling problems can be confronted in play therapy and lasting resolutions can be discovered, rehearsed, mastered and adapted into lifelong strategies.

Play Therapy Activities

While Play Therapy sessions differ depending on the therapist and the child, some of the most common activities in play therapy include:

- Scene creation on a sand tray or table.
- Creative Arts such as drawing.
- Roleplay and acting.
- Board or card games.

