

<https://www.a4pt.org/page/ParentsCornerHomePag>

**What Is Play Therapy?**

“Play Therapy is based upon the fact that play is the child’s natural medium of self expression ... It is an opportunity which is given to the child to ‘play out’ his feelings and problems just as in certain types of adult therapy an individual ‘talks out’ his difficulties.”  *Virginia Axline*

 Play Therapy, a modality of child therapy, is a powerful tool for addressing cognitive, behavioral, and emotional challenges. Licensed professionals use play therapeutically to help clients better process their experiences and develop more effective strategies for managing their worlds.

## Does My Child Need Play Therapy?

Deciding whether or not to take your child to a play therapist for child and/or family therapy is a personal choice.  Children are seen in therapy for an array of reasons, such as behavioral issues (caused by bullying, grief and loss, divorce and abandonment, physical and sexual abuse, and crisis and trauma) and mental health disorders (ie: anxiety, depression, attention deficit/hyperactivity or ADHD, autism spectrum disorders, academic and social impairment, physical and learning disabilities, and conduct disorders).

Research suggests Play Therapy is an effective mental health approach, regardless of age, gender, or the nature of the problem, and works best when a parent, family member, or caretaker is actively involved in the treatment process.

## What does a Play Therapy Session look like?

Play therapy sessions are as unique as the individuals who seek them.  Although it is impossible to predict exactly what will happen due to an array of factors (such as the child's presenting problem, therapist professional orientation, parental involvement, financial constraints, etc.) there are commonalities most share.  You can visit: <https://www.a4pt.org/page/ParentsStagesofThera> to find a detailed explanation of the therapy process.

