

## **Using Play Therapy with Children**

### **Why Play?**

- For children, learning and development are fostered through play
- Play is the child's language
- Play is engaging for the child (and parents) because it is fun and enjoyable

### **What Is Play Therapy?**

- Play therapy can help children express what is troubling them, and help parents work with their children to express concerns
- Oftentimes when children misbehave they have exhausted their existing problem solving tools. Through play therapy, children learn to cope with their emotions and find solutions to their problems
- Oftentimes when children misbehave parents fall into the role of disciplinarian. Play therapy offers a time when the child's positive traits are recognized in a way that fosters strong relationships and self-esteem

### **How Does Play Therapy Work?**

- Play therapy differs from regular play because the therapist actively translates the child's play into words
- By being actively engaged in the child's play, the therapist models appropriate problem solving techniques
- In play therapy the therapist follows the child's lead. By doing this, the child is encouraged to make decisions and develop a sense of control over the play session; and their concerns
- During play therapy the therapist asks the child leading questions to help discover new solutions

### **How Will Play Therapy Benefit A Child?**

- Play therapy can help the child express his or her emotions about a difficult situation



# Therapy Changes

*Focused guidance when you need it most*

5055 North Harbor Drive Suite 320  
San Diego, CA 92106  
Phone 619-275-2286 | Fax 619-955-5696  
[www.TherapyChanges.com](http://www.TherapyChanges.com)

- Play therapy can help the child develop coping skills in dealing with difficult situations