

## **Play Therapy Explained**

<https://www.lotuspointwellness.com/play-therapy-can-help-your-child-but-what-is-it/>

### **Play Therapy TV Commercial**

### **Overview of Play Therapy**

#### **Play Therapy demonstration part 1: Building a Growth Mindset**

- A way for children to express and deal with difficult emotion and thoughts.
- A safe haven for growth, a “space” children seek out naturally in times of stress and change
- Allows the child to “play out” rather than “act out” her problems
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*Children who feel safe expressing and talking about the feelings will be less likely to withdraw, become depressed, or engage in self-destructive behavior. The more your child expresses her troubling feelings, the more comfortable she becomes. (Taken from Helping Your Kids Cope with Divorce The Sandcastles Way by Gary Neuman)*

#### **Association for Play Therapy:**

Mental health agencies, schools, hospitals, and private practitioners have utilized Play Therapy as a primary intervention or as supportive therapy for:

- Behavioral problems, such as anger management, grief and loss, divorce and abandonment, and crisis and trauma.
- Behavioral disorders, such as anxiety, depression, attention deficit hyperactivity (ADHD), autism or pervasive developmental, academic and social developmental, physical and learning disabilities, and conduct disorders.

#### **Why Play and Art Work: (from Helping Your Kids Cope with Divorce the Sandcastles Way by Gary Neuman)**

Children, particularly younger kids, are more articulate and confident while engaged in playing or creating art than they are while talking. This is especially true when the subject is highly emotional, like divorce. Up until approximately the age of eleven, most children’s cognitive ability or understanding, is far more advanced than their ability to express verbally what they know and how they feel. Play and art are often the “show” that leads to the “tell.” No matter what our age emotions and fears can be hard to discuss. Even we adults sometimes find it

easier to express our feelings and discuss our problems as if they belong to someone else. Children do very much the same thing naturally all the time. When they pretend to be someone else, they create a safe space in which they can act out and voice their feelings. If, as Shakespeare wrote, "All the world's a stage," your child's play put the script of real life in her hands. Instead of a mere player in your family drama, she gets to work through her feelings by rewriting the story, directing the other players, and expressing potentially overwhelming emotions with the safe confines of the "stage" --her imagination. The major difference between the play and reality is that your child can act through feelings, then stop the action whenever she chooses.