



***Your child** gets into fights a lot?  
Has trouble sharing?  
Feels very shy, nervous or even low self-esteem?  
Reluctant to play with other children?  
Become quiet and withdrawn?  
Facing learning disabilities?  
Or displaying other kinds of pronounced behavior?*

It's hard to keep having these problems. It bothers children as they don't know where the problems come from and they can't make them go away. Therefore, they need help. Sometimes a mother or father can help them, but sometimes the child needs special help from a play therapist.

### ♥ What Is Play Therapy?

**Play therapy** is designed to use play as a form of language in child counseling. Play therapy is a group of treatment interventions using child play to assess and treat children using what they do best - play. Play therapy is an approach supported by research, to assist children in overcoming their issues and developing coping mechanisms. Children are referred to play therapy to solve problems and deal with issues that are troubling them. Usually the child will visit the therapist once a week for about 45 minutes per session.

### ♥ Who Can Benefit From Play Therapy?

Play therapy is particularly beneficial for those children ages 2 to 12.

### ♥ What Will Happen In My Child's Play Therapy Session?

Play Therapist will have a large selection of play materials from which your child may choose from. These may include art and craft materials, dressing up props, sand and water, clay, small figures and animals, musical instruments, puppets and others. The Play Therapist will enable your child to use these resources to express him or herself without having to provide verbal explanations.

### ♥ Healing Through Play Therapy

*Toys are used like words by children, and play is their language.* Play is vital to every child's social, emotional, cognitive, physical, creative and language development. Play Therapy helps children in a variety of ways. Children receive emotional support and can learn to understand more about their own feelings and thoughts. Sometimes they may re-enact or play out traumatic or difficult life experiences in order to make sense of their past and cope better with their future. Expressing one's world through the use of symbols provides children with the opportunity to express emotionally charged events in a more relaxed and less threatening manner.

### ♥ Purpose of Play (Dr. Garry L. Landreth):

- ♥ Develop a more positive self-concept
- ♥ Assume greater self-responsibility
- ♥ Become more self-directing, self-accepting and self-reliant
- ♥ Engage in self-determined decision making
- ♥ Experience a feeling of control
- ♥ Become sensitive to the process of coping
- ♥ Develop an internal source of evaluation

