



Benefits of Play Therapy

As a parent, it can be overwhelming to think about taking your child to therapy. You may be wondering what therapy will look like for your child, what to expect, or if your child really needs therapy. Often, children show us how they are feeling through their behaviors. Whether a child is withdrawn, anxious, having tantrums or being aggressive, these behaviors are forms of communication. Through the therapeutic relationship, we look to uncover the feelings underneath these behaviors and give voice to your child's needs. Even the most verbal children struggle with finding words for their experiences. Through this process of healing, the child presents with more positive behaviors and healthier communication resulting in happier households.

One of the most beneficial forms of therapy for children ages 3 to 12 is *Play Therapy* which allows children to communicate through play, their most natural form of expression. During *play*, children learn about their physical surroundings, their own capabilities and limitations, social rules and the difference between fantasy and reality. *Play* promotes healthy development in children. The toys used in *play therapy* help children *play* out what they may be feeling, what they have experienced and what they would like to be different. This experience enables them to attach words to their experiences, leading to a release of emotions and further recovery for the child. Other beneficial therapies include *experiential therapies*, such as art, music, and drama that involve movement, actions and activities which give children the opportunity to get back into their bodies by addressing hidden or subconscious issues.