



## WHAT IS PLAY THERAPY?

Play therapy is the process of using play and play materials to work with and help children with emotional and behavioral concerns. It is an ideal therapeutic model for children dealing with divorce, death, anxiety, trauma, anger, difficult life transitions, and other situations that cause stress or emotional pain.

Children are small; the world and life's problems can be very big. When using play materials, children are in charge and they are in their natural element. This allows them to explore feelings and situations in a safe and empowering way. Play is therapeutic and although a play therapy session may seem like "just playing" to adults, it is actually a powerful therapy tool for children. In the therapist office there are toys that reflect a wide range of themes and experiences: nurture, danger, safety, aggression, family, school, emotions, etc.

Play therapists create a space and provide toys that allow children to find a way to express and process emotions and experiences. By doing so, they gain emotional mastery and develop strategies to cope with difficult situations.

## OUR LOCATIONS

Batesville  
70 Batesville Blvd., Suite C  
(870) 793-3199

Blytheville  
514 Chickasawba  
(870) 824-2268

Cabot  
3358 Suite D, S 2nd St.  
(501) 286-6053

Hot Springs  
1820 Central Avenue, Suite B & C  
(501) 623-6000

Jonesboro  
2200 East Mathews Ave  
(870) 972-1268

Little Rock  
1719 Merrill Drive  
(501) 663-2199

Marion  
4001 Commercial Ctr Dr Ste 2  
(870) 732-7920

Newport  
2005 McLain Street  
(870) 495-1990

Osceola  
1487 West Keiser Ave, Suite 1  
(870) 563-4500

Paragould  
2420 Linwood Drive  
(870) 236-5880

Rogers  
1109 W Poplar Place  
(479) 372-6464

Trumann  
809 West Main St  
(870) 483-0068



# PLAY THERAPY

Life Strategies Counseling, Inc.  
[www.lscihelp.com](http://www.lscihelp.com)

# PLAY THERAPY AND CONFIDENTIALLY

A play therapist provides feedback to parents while still respecting a child's confidentiality. In therapy, clients of all ages experience a safe and accepting relationship in the freedom that confidentiality creates in order to make the most of the sessions.

Although play therapists provide confidentiality for their child clients, they still meet regularly with parents. At these meetings, therapists provide parents with useful feedback and insights about their child. Many therapists incorporate Filial Therapy, including family members in the sessions.

## WHAT HAPPENS IN SESSION?

Because play is the natural language and process of children, we can trust that they will choose play activities that offer what they need in the context of an accepting relationship with their therapist.

This type of play therapy may also include teaching the child about anxiety, divorce, social skills, and other issues that are common challenges for children.

Although therapists lead activities when using play therapy, they still make sure to meet children where they are and respect their stage of development and needs. In addition, those experiences still include play because they can be fun uses of puppet, art, games, role-play and other playful types of play therapy, depending upon the needs of the situation and of the child.



PLAY



HEAL

