

The Language of Play



Children learn to understand the world — and their place in it — through play.

It's where they're free to act out their inner feelings and deepest emotions. Toys can act as symbols and take on greater meaning — if you know what to look for.

Since the child can't adequately express themselves in the adult world, the therapist joins the child in their world, on their level.

As they play, the child may become less guarded and more apt to share their feelings. But they aren't pressured. They're allowed to do so in their own time and with their own method of communication.

Some of the potential benefits of therapy that includes play:

- taking more responsibility for certain behaviors
- developing coping strategies and creative problem-solving skills
- self-respect
- empathy and respect for others
- alleviation of anxiety
- learning to fully experience and express feelings
- stronger social skills
- stronger family relationships

A trained therapist can use playtime to observe and gain insights into a child's problems. The therapist can then help the child explore emotions and deal with unresolved trauma. Through play, children can learn new coping mechanisms and how to redirect inappropriate behaviors.

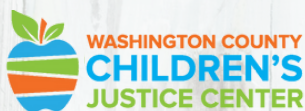
<https://www.healthline.com/health/play-therapy#how-it-works>



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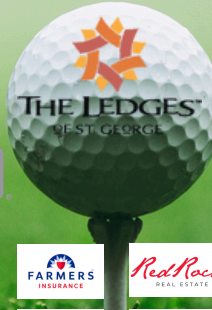
Friday, Nov. 14th, 3 - 6 PM

Saturday, Nov. 15th, 9 AM - Noon





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