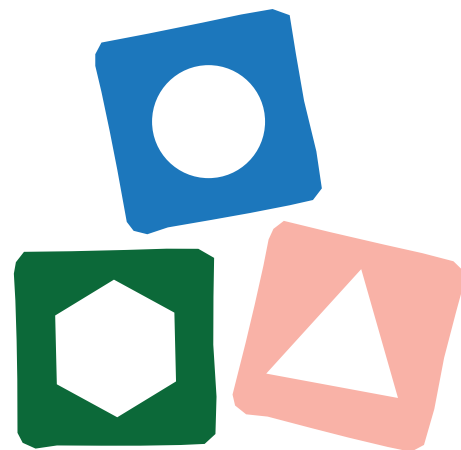


The Power of Play Therapy

Supporting Children Through Play



FAQs

What Is Play Therapy?

- Supports children through a developmentally appropriate mental health approach that uses play, creativity, and connection to express emotions and process experiences
- Provides care from a trained mental health professional in a safe, supportive environment that builds coping skills

Why Is Play Important for Children?

- Serves as a child's natural way of learning, communicating, and expressing emotions
- Strengthens emotional regulation, problem-solving, social skills, and confidence while helping children process experiences

How Is Play Therapy Different from “Just Playing?”

- Focuses on intentional therapeutic goals tailored to each child's needs and developmental level
- Uses guided, structured play led by a trained mental health professional to support emotional growth and healing

Therapist-Informed Strategies

Meet Children Where They Are

- Meet children physically by kneeling to their level and emotionally by using play and other activities to connect
- Recognize that children may not yet have the developmental awareness to understand and express emotions the way adults do

Model Emotional Openness

- Name your own feelings and share healthy coping strategies to demonstrate emotional openness
- Show children that it is okay to experience difficult emotions and ask for support

Offer Consistent Reassurance and Encouragement

- Provide consistent reassurance and encouragement through simple reminders that a child is safe, supported, and loved, helping build trust, confidence, and emotional security

The Power of Play Therapy

Supporting Children Through Play

Therapist-Informed Strategies (Continued)

Play Is How Children Heal

- Support children in using play to safely express, process, and make sense of their experiences, especially those that feel overwhelming or confusing
- Allow children, in a supportive environment, to build coping skills, regain a sense of control, and move toward healing in a way that matches their developmental level

Healing Is Strongest When Caregivers Are Involved

- Collaborate with therapists and caregivers working together to support the child
- Reinforce skills, connection, and emotional safety outside of sessions through everyday interactions

Connection Matters More Than Correction

- Build healing through play in the context of a safe, trusting relationship
- Help children feel understood and supported by being present, responsive, and attuned to their cues, which is the foundation for growth and emotional development

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