

The Healing Power of Play Therapy

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Keep in mind that children...

- Have a limited verbal ability to communicate thoughts and feelings.
 - [Meet Andrew!](#)
- Are concrete thinkers.
 - Can't think and reason fully in abstract ways until age 12.
 - Difficult to talk about things they cannot see, touch, hold.
- Live in their feeling brain.
 - Can flip their lid quickly.
 - Verbal shrapnel



PLAY

The Child's Most Natural Form of Communication

- Adults Talk, Children Play.
- "I don't want to talk about it!"
- Help parents understand the language of play.

Play Will Reveal...

- Emotionally significant experiences.
- How the child feels about those experiences.
- The child's level of self esteem.
- The child's wants or needs.



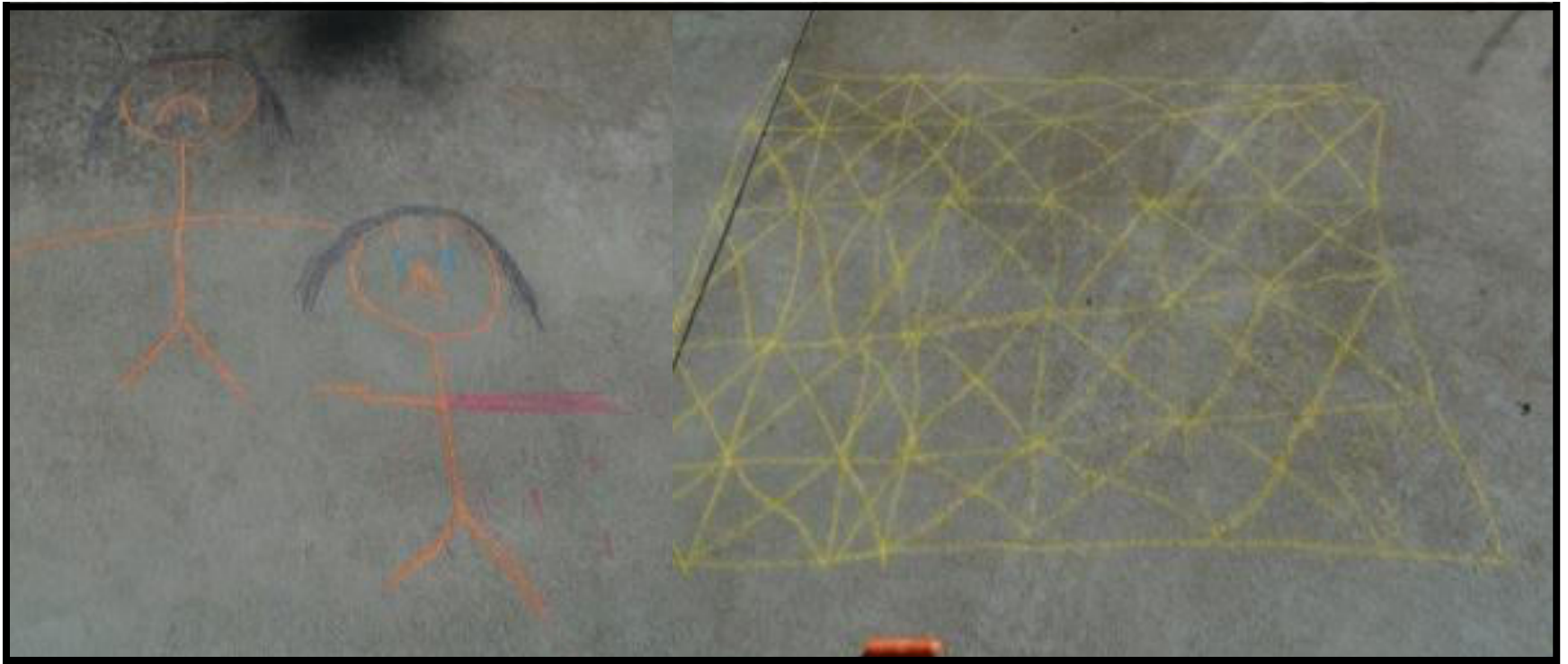
The Process of Play...

Is Meaningful to the Child



The Process of Play...

Allows children to re-visit traumatic experiences in a safe environment, where they are in control.



Instead of Denying the Feeling...



Give the Feeling a Name!



Don't Teach a Child to Swim When They are Drowning

- Calm the feeling brain in the moment.
- Name it to tame it.
- Talk about it later.
- Make a plan for next time.

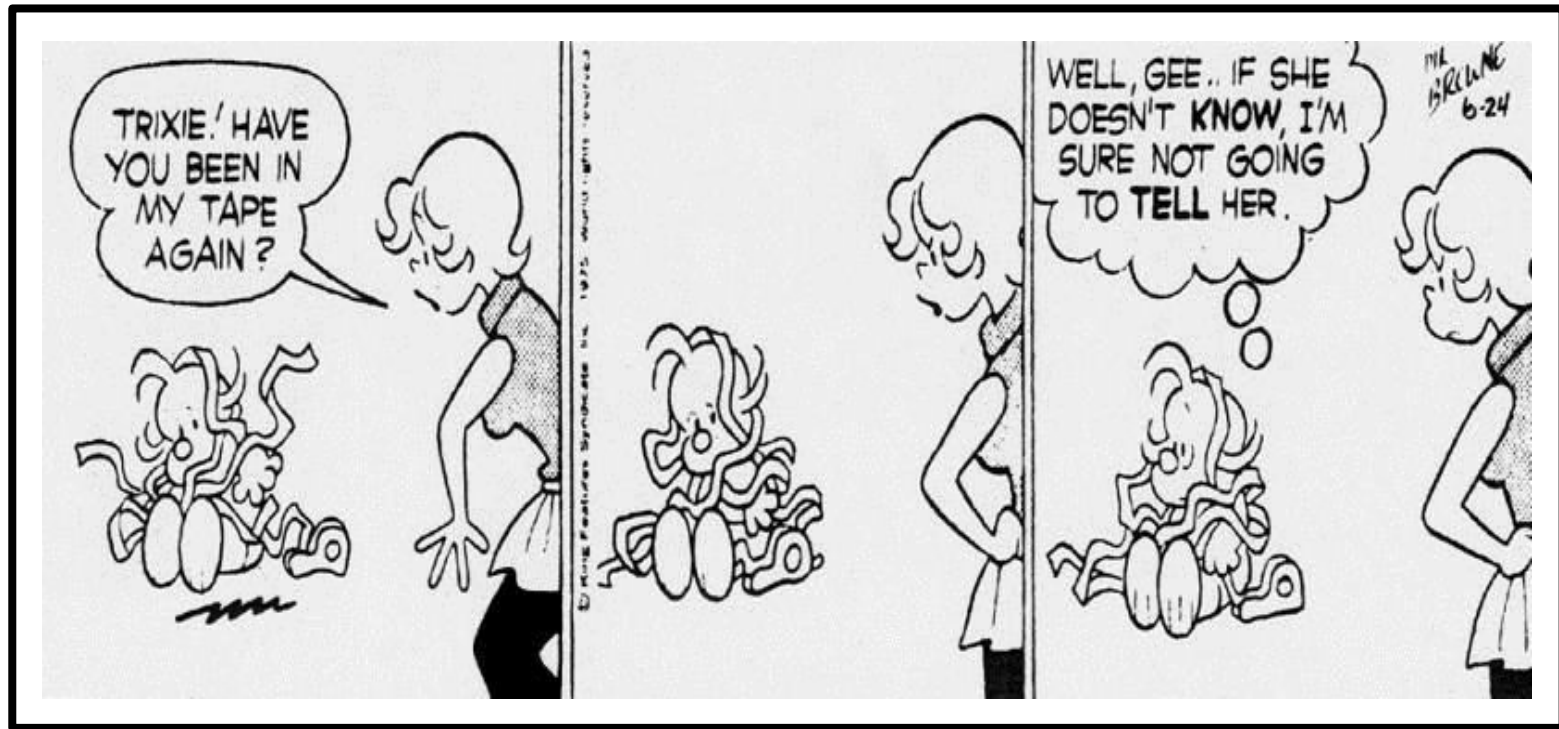


Don't Feed the Weed

- 80/20 Rule
- Flip the clip.
- Reward behavior you want to see.
- Make it concrete.
- Fertilize the flowers.



Don't Ask Questions You Already Know the Answer to



Bibliography

- Landreth, G. 2002. *The Art of the Relationship*. New York, NY. Brunner Routledge.
- Some slide material contributed by Dr. Phyllis Post, Director of the Multicultural Play Therapy Center at UNC Charlotte.