

## Play Therapy Through The Eye's of A Child

From the child's perspective, it's just *entertainment*, but play therapy training actually hones *efficiency, self-esteem, coping mechanisms, communication strategies, problem-solving skills, self-expression*, and even *self-actualization*.



As children's experiences and knowledge are often communicated through play, it becomes an important vehicle for them to know and accept themselves and others.



Play helps children to learn valuable life skills such as problem solving, processing emotions and developing social skills.

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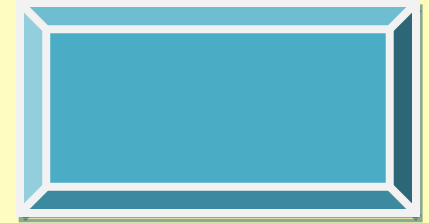


A New Day– Family Behavioral Health Services

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Trained therapists use specific toys and activities to help children work through problems or issues and have demonstrated positive correlations in a child's ability to feel positive emotions, strengthen attachments to their therapist, and improve verbal or nonverbal communication of feelings.



We often utilize two different types of play therapy. One is more hands-on, the other leaves room for the child to set the course. We like to involve the parents and teachers to decide which play therapy techniques are the most appropriate for the specific child being treated.



Child group play therapy also helped children who struggle with verbal communication skills. Often, children who experience traumatic thoughts or feelings struggle most to articulate them.

By engaging with a toy, a child can learn to communicate their troubles physically when challenged to do so verbally.

