



## Seasons Counseling Center

### Is There a Difference Between a Registered Play Therapist and a Therapist Who Uses Play?

Yes — Training Matters.

Play is a natural language for children, but Play Therapy is a specialized clinical discipline requiring extensive education, supervision, and credentialing.

#### What Is a Registered Play Therapist (RPT)?

A Registered Play Therapist™ is a licensed mental health professional who has completed advanced, credentialed training in the science and clinical application

✓ Requires:

- ◆ Graduate mental health degree - 150+ hours of training.
- ◆ Specialized play therapy education (150+ hours of training)
- ◆ Ongoing continuing education specific to play therapy
- ◆ Credentialing through the Association for Play Therapy



#### What Does It Mean When a Therapist “Uses Play” in Therapy?

Many therapists include toys, games, or activities to help children feel comfortable. However, this does not equal formal Play Therapy training.

- ◆ Games used for rapport building
  - ◆ Activities added to traditional talk therapy
  - ◆ Limited clinical framework for interpreting play themes
  - ◆ No specialized credentialing requirements.
- 📋 Measure therapeutic progress using developmentally appropriate methods



Play Therapy is not just playing — it is a clinically guided process of change.

#### At Seasons Counseling Center

We provide specialized services using developmentally responsive, evidence-based approaches to help children and families navigate life's challenges with confidence and support.



📞 Call: (573) 327-9841

🌐 <https://seasoncc.com/>