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## Frequently Asked Questions

### 1. Why “Play” therapy instead of just talking?

For children aged 3 and up, the brain is still developing the language centres needed to express complex emotions. Play is a child’s natural language. In the “Toy Box” toys become their words. This allows them to process trauma, anxiety, or school stress in a way that feels safe and developmentally appropriate.

### 2. What should I tell my child about coming to see you?

You can simply say, “We are going to visit Miss Darilyn. She has a special room with toys, art, and games where kids go to play and work through big feelings. It’s a place where you can just be you.”

### 3. How involved are parents in the process?

You are the expert on your child. While the actual sessions are one-on-one to build trust, I hold regular parent consultations to share themes I am seeing in play and to provide you with “Home Toy Box” strategies to support your child’s growth between sessions.

### 4. How long does the process take?

Every child is unique. Some children show significant shifts in 8-10 sessions, while others with more complex needs (such as neurodiversity or significant life changes) may benefit from longer-term support. We will review progress together every 4-6 weeks.

### 5. Can I use my insurance to pay for sessions?

In many cases, yes. Many insurance providers cover services from members of the CCPA. I will provide a professional receipt with all necessary registration numbers so you may submit for reimbursement.

### 6. Is your space safe and accessible?

Toy Box Counselling is a home-based practice in a quiet, safe haven environment. We follow all current health guidelines, and the space is curated to be neuro-affirming, and sensory friendly for children with all types of learning and emotional needs. There are 6 steps up to the door, and one flight of stairs down to the playroom.