



What is Play Therapy?

Play is a natural means of creative thinking, self-expression, and creativity. In counseling through play, children are encouraged to explore themselves through play. The child's play serves as the means to communicate his/her thoughts and feelings in a way that children often cannot say through words.

Counseling through play provides a safe way for children to address and resolve the problems they may be experiencing, and the child begins to find and build new coping skills and alternate solutions for issues outside the play room.

Counseling through play differs from regular play because the counselor works to help the child express his/her thoughts and emotions and promote positive solutions. Play functions at the child's developmental level, and by doing so it serves as a natural and comfortable way for the child to communicate. When children can communicate or play out how they feel to someone who understands, they feel better because their feelings have been released.

Time For Positive Change

PLAY THERAPY

results driven therapy
approach for children,
adolescents, women & parents



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CALL FOR A FREE
CONSULTATION

BENEFITS OF COUNSELING THROUGH PLAY

Counseling through play helps children process and navigate a variety of social, emotional, and behavioral problems

- Learn to set their own boundaries
- Discover their strengths
- Accept Responsibility
- Learn skills to manage and process stress and anger, solve their own problems, and get along with others
- Learn better communication skills
- Learn to respect themselves, others, and property



TREATMENTS

ABUSE

- ✓ Domestic Abuse
- ✓ Domestic Violence
- ✓ Peer Relationships
- ✓ Relationship Issues
- ✓ Sexual Abuse

BEHAVIOR

- ✓ ADHD
- ✓ Anger Management
- ✓ Anxiety
- ✓ Coping Skills
- ✓ Depression
- ✓ Obsessive-Compulsive (OCD)
- ✓ Self Esteem
- ✓ Stress
- ✓ Suicidal Ideation

TRAUMA

- ✓ Adoption
- ✓ Divorce
- ✓ Emotional Disturbance
- ✓ Family Conflict
- ✓ Grief
- ✓ Stress
- ✓ Pandemic
- ✓ PTSD

WHY PLAY?

Counseling through play promotes problem solving skills and creative thinking. The counselor works to help increase the child's self-esteem and coping skills. In addition to basic life skills, counseling through play is also effective with children who are experiencing cognitive, behavioral, emotional, or social troubles.

Research has shown that counseling through play is an extremely beneficial activity for children who are experiencing many types of troubling situations. While this type of counseling often alleviates some of the symptoms of a variety of problems, the focus is on the child and not exclusively on his/her problem. Through the means of counseling through play, children are empowered over what troubles them, and lasting resolutions are discovered in the play room.

Counseling through play is uniquely beneficial because children learn how to express their thoughts and feelings in constructive ways, to control their behavior, to make decisions, and to accept personal responsibility. Children who are experiencing minimal to significant problems will benefit from this play experience.