



Play Strong Institute Unveils Guide to Therapy for Child Emotional Growth

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The Play Strong Institute has released a detailed guide on play therapy to help parents understand its benefits for their children. The article, titled "Does My Child Need Play Therapy?" aims to assist parents in recognizing when this type of therapy can be useful for kids facing emotional changes, trauma, academic challenges, or significant life events. For more comprehensive insights on play therapy, visit Play Strong's Company Website.

Play therapy is a special way that allows children to express and process their feelings through play instead of just talking. This method is especially helpful for younger kids who might not have the words to explain their emotions or complex issues they're dealing with. Through play, kids can explore their feelings in a safe and supportive setting, which leads to better emotional expression, stronger coping skills, and improved overall well-being.

Georgie Wisen-Vincent, Director of the Play Strong Institute, highlights the importance of play therapy for children's emotional growth. "Play therapy provides children with a safe space to work through their feelings and experiences in a manner that makes sense to them. It helps them build a stronger emotional foundation

and develop critical coping skills," says Wisen-Vincent.

The article lists signs that suggest a child might benefit from play therapy. These signs include noticeable changes in emotion or behavior, going through traumatic events, struggling in school, having trouble with major life changes, frequent nightmares, and high levels of anxiety. Parents who notice these symptoms are encouraged to consider play therapy as an option.

One major benefit discussed in the article is the improvement in the parent-child relationship that often comes from play therapy. By working with a skilled play therapist, children can learn to express their feelings more effectively, leading to better communication and a closer emotional bond with their parents.

Wisen-Vincent also mentions, "Finding a qualified play therapist is crucial to the success of the therapy. It ensures that the child receives the right kind of support tailored to their specific needs."

The Play Strong Institute's guide offers useful tips on how to pick a qualified play therapist. Parents are advised to look for professionals with credentials from well-known organizations like the Association for Play Therapy. It's also suggested that parents interview potential therapists to make sure they are a good fit for both the child and the family.

Besides helping parents figure out when play therapy might be needed, the Play Strong Institute offers resources on how to find a play therapist, the benefits of play therapy, and what to expect during the process. These resources are part of the Institute's mission to empower children and transform families through play therapy and brain science.

Play therapy helps children deal with their current problems and equips them with skills for life's future challenges. Benefits like improved self-esteem, emotional healing, and stronger relationships are some of the lasting impacts of play therapy.

Parents who want to learn more about play therapy can find many resources from the Play Strong Institute. The guide includes detailed information about the principles and theories behind play therapy, practical parenting advice, and information on various courses and certifications for those interested in this therapeutic approach.

For more information on play therapy and how it can help one's child, visit Play Strong Institute. To read the full guide on whether your child may need play therapy, please refer to Play Therapy for Child.

The Play Strong Institute is dedicated to supporting families and promoting the emotional health of children through the power of play therapy.

For additional Play Therapy Information for Parents, check out the link provided.

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The Play Strong Institute

The Play Strong Institute advances play therapy training and research for clinicians, educators, parents, and care workers focused on children's mental health. We offer certifications in play therapy and neuro-affirming care.

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