



## **Work with a Play Therapist: Play Strong Institute Launches Guide to Transform Children's Emotional Health**

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The Play Strong Institute has announced a new comprehensive guide titled "Play Therapy Explained: A Guide for Parents." This guide aims to give parents valuable insights into the benefits and processes of play therapy, helping them make better choices about their child's mental health and emotional well-being.

Play therapy is a proven technique used to help kids, mostly between 3 and 12 years old, handle emotional distress, behavioral challenges, and psychological changes. It uses play as a natural way for kids to show their feelings and experiences in a safe space. Through this guide, parents can learn how play therapy can help their children build emotional skills, develop problem-solving abilities, strengthen relationships, and deal with anxiety and trauma.

Georgie Wisen-Vincent, a representative from the Play Strong Institute, stresses the need for easy-to-understand information for parents. "We created 'Play Therapy Explained: A Guide for Parents' to give parents the knowledge they need to support their children's emotional and psychological growth. Understanding the benefits of working with play therapists can greatly impact a child's development," said

Wisén-Vincent.

The Play Strong Institute also offers various services and resources to help families. These include Play Therapy sessions, a Play Therapy Certificate Course for professionals, a Neurodiversity Certificate Course, and virtual PlayStrong Play Classes. Each service is designed to create healthier, happier, and more resilient children through play therapy and brain science. Parents interested in these services can learn more by visiting their website.

The guide explains the role of a trained play therapist. Play therapists understand child development, psychological theories, and therapeutic techniques. They build a respectful, empathetic relationship with the child and work closely with parents and caregivers. This relationship offers insights into the child's emotional world and guidance on supporting their behavior and development outside therapy sessions.

The Play Strong Institute is dedicated to changing how people think about a healthy childhood. Their services go beyond individual therapy sessions to include a network of professionals through The Center for Connection. This model aims to meet the needs of individuals and families, promoting a holistic approach to mental health and well-being. Detailed information about these programs can be found on their comprehensive resource hub for parents and professionals.

"Working with play therapists provides children with a unique way to express complex or confusing feelings without using words. It encourages creativity, decision-making, and problem-solving within the context of play," Wisén-Vincent added. "Our goal is to give parents and caregivers the tools and knowledge they need to support their children's emotional and psychological well-being effectively."

For those wanting a deeper understanding of play therapy, the Play Strong Institute offers several certificate courses. The Play Therapy Certificate Course explores modern research, real-world sessions, and techniques to help children grow through play. The Neurodiversity Certificate Course offers strategies for young people with learning and developmental differences, drawing from fields like education, mental health, occupational therapy, and neuropsychology.

Additionally, PlayStrong Play Classes are virtual sessions led by play experts. These classes aim to bring more joy and stronger emotional skills to children, making them useful for parents, educators, and anyone working with children. The main goal of these classes is to nurture happier and more resilient kids, giving them essential emotional skills.

The Play Strong Institute's approach is based on brain science and play therapy principles, aiming to nurture happier and more resilient children. Their services through The Center for Connection and Neurodiversity are founded on six pillars: Identity, Accessibility, Inclusion, Advocacy, Community, and Connection. This inclusive

approach ensures that each child's uniqueness is celebrated and supported.

The Play Strong Institute has positioned itself as a top resource for parents and professionals seeking comprehensive knowledge on play therapy. Their dedication to helping children and transforming families through play therapy and brain science is clear in their wide range of services and resources.

Working with Play Therapist is more than just attending sessions; it involves a joint effort between the therapist, child, and caregivers. The process creates a safe space for children to express themselves freely. This guide on Play Therapy Explained: A Guide for Parents will be a valuable resource for parents looking to understand and support their children's emotional and psychological growth.

For more information on play therapy and its benefits, parents can check out "Play Therapy Explained: A Guide for Parents" by visiting the Play Strong Institute's website. This guide aims to be a great resource for parents wanting to support their children's emotional and psychological development.

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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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The logo for Play Strong, featuring the words "Play Strong" in a blue, cursive script font.