



Benefits of Play Therapy

Play Therapy differs from regular play because the therapist helps children address and resolve their own problems. This process builds on the natural way that children learn about themselves and the world around them.

According to the Association for Play Therapy, children experience tremendous benefits from Play Therapy, some of these include:

- ▶ Become more responsible for behaviors.
- ▶ Develop successful strategies for handling emotions.
- ▶ Develop new and creative solutions to problems.
- ▶ Develop respect and acceptance of self and others.
- ▶ Learn to experience and express emotion.
- ▶ Cultivate empathy and compassion.
- ▶ Learn new social skills and relational skills.
- ▶ Develop self-efficacy and assuredness in their abilities.



ABILITY TO
FOSTER POSITIVE
RELATIONSHIPS



INCREASED
ABILITY TO
SELF-REGULATE



DECREASED
CHALLENGING
BEHAVIORS



ENHANCED
PROBLEM
SOLVING SKILLS



IMPROVED
COMMUNICATION



INCREASED
SELF-CONFIDENCE



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