

Why **PLAY** Therapy?

in school counseling/psychology and obtained considerable clinical experience and supervision. Examples include professional counselors, psychologists, marriage and family therapists, clinical social workers, school counselors and school psychologists, psychiatric nurses, etc.

Registered Play Therapist™ (RPT), Registered Play Therapist-Supervisor™ (RPT-S), and School Based-Registered Play Therapist™ (SB-RPT) are licensed professionals who have obtained additional play therapy specific education, training, and supervised experience.

Why APT?

"APT provides affordable access to play therapy community resources that help us observe the highest standards of care for our clients." Eliana Gil, Ph.D., LMFT-S, RPT-S

The Association for Play Therapy (APT) is the national professional society that advances Play Therapy. It sponsors research, credentialing, training, and peer networking programs that elevate the expertise of mental health professionals and school counselors/psychologists engaged in play therapy, research, practice, instruction, and supervision.

FOR MORE INFORMATION:

- Visit the APT website, www.a4pt.org.
- Follow APT on Facebook and Instagram.
- Visit the APT Find A Play Therapist Directory to locate a nearby Registered Play Therapist™ (RPT), Registered Play Therapist-Supervisor™ (RPT-S), or School Based-Registered Play Therapist™ (SB-RPT).



“Play is the highest
form of research.”

- Albert Einstein.



SCAN TO JOIN NOW

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Why Play?

"Play is a medium for expressing feelings, exploring relationships, and self-fulfillment." Garry Landreth, Ed.D., LPC, RPT-S

Play is essential to human growth, development, learning, and cultivating relationships.

Play is a natural process that:

- Builds trust and mastery
- Fosters learning and acceptable behaviors
- Regulates emotions
- Reduces anxieties
- Promotes creative thinking and problem-solving
- Encourages open communication
- Elevates spirit and self-esteem

Play is our first language. Just as adults use words to communicate, children use play. When playing, we express thoughts and feelings that might otherwise remain hidden.

Why Play Therapy?

"In Play Therapy, the most troubling problems can be confronted and lasting resolutions can be discovered, rehearsed, mastered and become lifelong strategies." Sandra Russ, Ph.D.

Play Therapy is a powerful tool for addressing cognitive, behavioral, and emotional challenges. Licensed professionals therapeutically use play to help clients better process their experiences and develop more effective strategies for managing their worlds.

Mental health agencies, schools, hospitals, and practitioners use Play Therapy as a primary intervention or as supportive therapy for:

- Behavioral issues caused by bullying, grief and loss, divorce and abandonment, physical and sexual abuse, and crisis and trauma.

- Mental health disorders, such as anxiety, depression, attention deficit/ hyperactivity (ADHD), autism spectrum disorders, academic and social impairment, physical and learning disabilities, and conduct disorders.

Research suggests Play Therapy is an effective mental health approach, regardless of age, gender, or the nature of the problem, and works best when a parent, family member, or caretaker is actively involved in the treatment process.

Why Play Therapists?

"Play therapists are trained and qualified to apply the many therapeutic powers of play to help clients resolve their psychosocial difficulties." Charles Schaefer, Ph.D., RPT-S

Play Therapists are licensed mental health professionals or school counselors/ psychologists who have earned a Master's or Doctorate degree in a mental health field or

