

Play Therapy

What it IS,
What it is NOT, & finding a
credentialed Play Therapist

Play Therapists have specialized Education & Training

- Child Development
- Brain Development
- Neurological benefits of Play
- Effects of trauma on brain development
- Family Systems
- Parenting Skills

Play Therapy Certificate

- Mental Health Professional
- Has completed all required hours and education for Play Therapy
- Working towards full licensure

Registered Play Therapist (RPT)

- Licensed Mental Health Professional
- Has completed all required hours and education for Play Therapy
- Has additionally completed all supervised hours to achieve licensure.

Registered Play Therapist Supervisor (RPT-S)

- Licensed Mental Health Professional
- Has completed RPT requirements
- Has additionally completed requirements to supervise other play therapists working toward full licensure.

School-Based RPT (SB-RPT)

- Professionals who hold current license or certification from Dept. of Education
- Practice as a school counselor or school psychologist
- Has completed RPT requirements

Child Mental Health Specialist (CMHS)

- A mental health professional
- Specialized training in child development and the treatment of children.
- A CMHS does not have to be a Play Therapist, or vice-versa, but often go hand in hand.

Play Therapy is:

“the systematic use of a **theoretical model** to establish an interpersonal process wherein **trained Play Therapists** use the **therapeutic powers of play** to help clients **prevent or resolve** psychosocial difficulties and **achieve optimal growth and development.**”



Why Play?

Play is...

- a child's language
- an essential part of child development
- fun!

Play Can...

- expand self-expression, self-knowledge, self-actualization and self-efficacy
- relieve feelings of stress and boredom
- connect people in a positive way
- stimulate creative thinking
- regulate our emotions
- allows us to practice skills and roles needed for survival.

