



## CREATIVITY

Play Therapy can involve art, drama, movement, dress up, sand tray, toys, games, and other forms of play.



## SERVICES

- Trauma Recovery
- Behavior Issues
- School-Based Interventions
- Family Therapy
- Reunification Therapy

## THE RIGHT LANGUAGE

Children are not yet developmentally capable of discussing their feelings or working on productive ways of dealing with the negative ones.

Play Therapy enters the child's world using the child's natural language: Play!

In a Play Therapy session, the child gets to create his or her own world, express emotion and master new social, emotional and behavioral skills.

The Therapist is trained to recognize symbols and themes in play and to help the child triumph over scary events and unpleasant emotions.



## SIGNS A CHILD MAY BENEFIT FROM PLAY THERAPY

- Appearing sad, shy, withdrawn, disengaged, fatigued or worried
- Lack of compliance and/or aggression with authority
- Trouble at school
- Aggression with peers
- Difficulty making or keeping friends
- Disruptive behaviors
- Neighborhood or community violence or disaster
- Parenting concerns
- Home issues or transitions
- Grief and Loss



FCCS is a California LMFT Corporation owned and directed by Melinda Haynes, MA, LMFT lic no 102308



# What is Play Therapy?

Success in therapy is largely based on a good fit between you and your therapist. If you would like someone to work collaboratively with you on finding solutions related to emotional upset, triggers and difficult behaviors with your child or children, please call.

Please visit online or call for more information.



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