

Play Therapy

Play is the language of children.

Healing of trauma, attachment difficulties, developmental delays and social isolation occur as children express themselves through play.

Formats of play therapy:

Theraplay

The goal of theraplay is to enhance attachment, self-esteem and trust. Theraplay can help the child replace inappropriate behaviors with healthy, creative and age appropriate ones. It also helps to improve the relationship between parent and child.

Sandplay Therapy

Sandplay Therapy is an expressive arts therapy for healing and transformation. It is a psychotherapeutic tool used with children and adults. The method consists of the client's creation of a three-dimensional picture with miniature figures in a tray of sand in the protective presence of a trained practitioner.

Please call our office at
(727) 725-8820 to schedule an
appointment.

www.fampsy.org



Strengthening relationships...improving lives.