



The Therapeutic Powers of Play

The Therapeutic Powers of Play are the core change agents that make play such a powerful intervention with children.

Child Play Therapists receive post-graduate training to explore how and when to use these for best effect with children.

Facilitates Communication

- Self Expression
- Access to the Unconscious
- Direct Teaching
- Indirect Teaching



Fosters Emotional Wellness

- Catharsis
- Abreaction
- Positive Emotions
- Counterconditioning fears
- Stress Inoculation
- Stress management



Increases Personal Strengths

- Creative Problem Solving
- Resiliency
- Moral Development
- Accelerated Psychological Development
- Self Regulation
- Self Esteem



Enhances Social Relationships

- Therapeutic Relationship
- Attachment
- Social Competance
- Empathy



**Child Play Therapy
Coffs Harbour**

www.thecounsellingspace.com.au