

Theraplay

Overview:

Theraplay is a dynamic and effective short-term approach to treating children's emotional, social and behavioural problems. Based on the intimacy and physical interplay that characterize normal relationships between parent and child, Theraplay techniques use structured play to enhance healthy attachment, self-regulation and to promote the child's self-esteem, competence and trust in others. It is applicable to children of all ages from infants to adolescents. Methods for guiding parents to observe their children more emphatically and to participate in treatment sessions aimed at fostering better parent-child relationship will be reviewed.

Learning Objectives:

- 1) Identify the theory and research underlying Theraplay
- 2) Understand how Theraplay can strengthen attachments
- 3) Understand how Theraplay can be used to treat a wide age range
- 4) Identify the dimensions of Theraplay
- 5) Understand how to apply the techniques of Theraplay