

Southeast Kansas
Mental Health
Center

Play Therapy

Supporting children's mental
health through the power of play.

What is Play Therapy?

Play therapy is an evidence-based approach that uses play to help children communicate thoughts and feelings they may not yet have the words to express.

**Through toys, games, art, storytelling,
and imaginative play, a trained mental
health professional helps children:**

- Express emotions in healthy ways
- Build coping skills
- Improve communication
- Increase confidence
- Develop problem-solving skills

Because play comes naturally to children, it creates a comfortable environment where growth and healing can occur.



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our locations



Could Play Therapy Help My Child?

Play therapy may benefit children experiencing:

- Anxiety or excessive worry
- Big emotions or difficulty regulating feelings
- Behavioral challenges
- Grief or loss
- Trauma or stressful life events
- Family changes, including divorce
- School or peer difficulties
- Low self-esteem
- Difficulty adjusting to change

Every child is unique. Your therapist will tailor treatment to meet your child's individual needs.

What Happens During a Session?

While children play, therapists observe patterns, help children explore emotions, and teach healthy ways to cope with challenges.

Your child may engage in:

- Creative play
- Art activities
- Storytelling
- Games
- Building activities
- Imaginative play

Children who participate in play therapy may:

- Better express thoughts and emotions
- Develop healthy coping skills
- Build confidence and self-esteem
- Improve problem-solving abilities
- Strengthen social skills
- Develop healthier relationships
- Better manage stress and anxiety

**Wondering if play therapy is right for your child?
We're here to answer your questions!**

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**www.sekmhc.org
(866) 973-2241**