



**Seattle Play
Therapy**

SCHOOL-BASED WEEKLY PLAY GROUPS

Who We Are

Seattle Play Therapy, PLLC is a private health care facility that provides mental health counseling and play therapy to infants, children, and adolescents as well as parent support/coaching to parents and families. We operate from an anti-racist, neurodiversity affirmative lens.

Approach

Play Therapy is a developmentally sensitive intervention that supports the whole-child by building sense of self, increasing social awareness, self-responsibility, and decision-making.

We take a strengths-based approach where we focus building skills from the inside out.

Students Who Would Benefit

Social

Students who struggle with peer relationships, who have challenges reading social cues, or who have difficulty making friends.

Emotional

Students who display difficulty with emotion regulation, who are quick to react with an emotional outburst and/or children who put a lot of pressure on themselves.

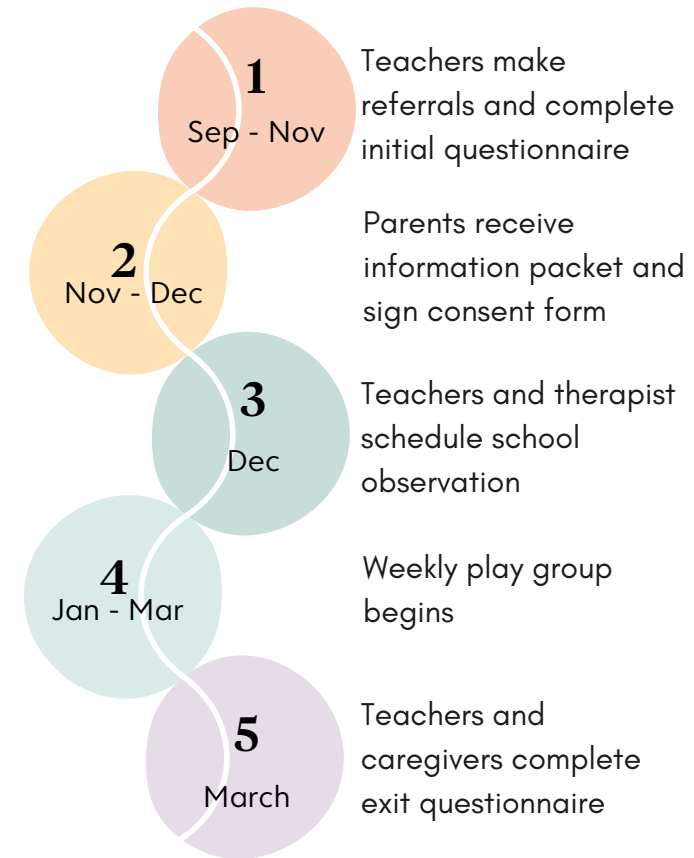
Behavioral

Students who have difficulty following directions, test limits, and struggle with flexibility and independence.



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Referral Process



Caregiver Involvement

To preserve the scope of the play groups, caregiver involvement is not included in the school-based play group service. However, if caregivers would like more support, they may purchase Parent Coaching with the group facilitators. More information can be found at www.seattleplaytherapy.com/parentcoaching

Contact

For questions, please contact us:
info@seattleplaytherapy.com



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The Details...

What & Where

Your child has been referred to an 8-week school-based play group. The group will meet during school hours, at school, for 45 minutes. Your child will miss an hour of class time to attend the group.

When

To be determined by your school and SPT.

Why

By offering play therapy services on-site, children work through social, emotional, and behavioral barriers to building social connections and academic success right at school. This provides an opportunity to translate the emotional foundation gained from therapy directly to classroom learning and peer relationships.



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Your child will have the opportunity to:

- Build self-esteem
- Improve frustration tolerance and self-regulation
- Build self-control and self-responsibility
- Build social awareness
- Improve social skills and play skills

All in a play-based environment with a trained play therapist!

Research Validating Play Therapy In Schools

Play Therapy in schools has been vastly researched and validated as an effective approach. Play therapy research shows a positive effect in fewer than 14 sessions, with some demonstrating a positive effect in as few as two play therapy sessions (Bratton, 2005). The use of play therapy, in groups or individually, at schools helps students to motivate themselves, develop problem-solving skills, and even improve social skills (Winburn et al., 2017).

Bratton, S., Ray, D., Rhine, T., & Jones, L. (2005). The efficacy of play therapy with children: A meta-analytic review of treatment outcomes. *Professional Psychology: Research and Practice*, 36(4), 376 – 390.

Winburn, A., Gilstrap, D., & Perryman, M. (2017). Treating the tiers: Play therapy responds to intervention in the schools. *International Journal of Play Therapy*, 26(1), 1–11.