



Play Therapy

Overcoming Challenges

What Is Play Therapy?

For children, play is a natural activity of learning, exploration, and communication. For those who have experienced some type of trauma—abuse, family problems or social issues—play therapy can be an effective and developmentally-responsive way to express what they may find difficult to put into words.

Play therapy is thought to be one of the most beneficial methods of helping children who are experiencing cognitive, emotional or behavioral challenges. Though the approach may benefit people of all ages, it is specially designed to treat children under 12.

How Does Play Therapy Work?

Play therapy helps to facilitate healing and the development of new patterns of behaviour and thinking, enabling children to be more resilient in everyday life. By helping to free them from negative experiences and feelings that block their learning and development, children learn to see their world in a more positive light.

Benefits

Specific benefits children may gain from play therapy include:

- Reduced anxiety about traumatic events
- Improved confidence and a sense of competence
- Better ability to form healthy bonds in relationships
- Improved ability to trust themselves and others
- Enhanced creativity and playfulness



The Nord Center
Comprehensive Behavioral Healthcare

Why Play Therapy?

Play therapy is used to treat problems that are interfering with the child's normal development. Such difficulties would be extreme in degree and have been occurring for several months without resolution.

Reasons for treatment include, but are not limited to:

- temper tantrums
- aggressive behavior
- difficulties with sleeping or having nightmares
- worries or fears

This type of treatment is also used with children who have experienced:

- sexual or physical abuse, neglect
- the loss of a family member
- medical illness
- physical injury
- or any other traumatic experience

How To Get Started

To schedule an appointment, call our Intake Line at 440.204.4161 Monday—Friday, from 8:30 am—5 pm.

The Nord Center accepts Medicaid, Medicare, and most major health insurances. Funds are also available for those without insurance who qualify.



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6140 S. Broadway, Lorain, OH 44053
Non-Emergency Phone: 440.233.7232
24/7 Emergency / Crisis Hotline: 1.800.888.6161
www.nordcenter.org