



WHY PLAY THERAPY?

- ✓ Developmentally responsive, play-based mental health intervention
- ✓ Allows children to express themselves clearly and learn coping skills to handle difficult emotions and experiences
- ✓ Supports children's emotional and behavioral regulation
- ✓ Used with children with behavioral and emotional concerns such as:
 - Anxiety/depression
 - Grief/loss
 - Trauma
 - Divorce and other life transitions
 - Impulsivity
 - Anger management
 - Social skills struggles

PLAY THERAPY HIGHLIGHTS

PLAY-BASED
MENTAL HEALTH
INTERVENTION

FOR CHILDREN AGES
3 TO 10 YEARS OLD

FOR CHILDREN WITH
SOCIAL, EMOTIONAL,
BEHAVIORAL, OR
RELATIONAL
STRUGGLES

LEADS TO
POSITIVE CHANGE

EVIDENCE-BASED
APPROACH



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