

What is Theraplay®?

Theraplay® is a lively, fun, playful method that produces remarkable changes in the lives of children and their families and is based on attachment-based theories and research. Family Theraplay® follows a directive play approach, whereby the Theraplay Specialist and parents, are joyfully engaged with the child.

Interactions focus on four essential qualities found in healthy parent-child relationships-structure, challenge, engagement and nurturance. Theraplay activities chosen for each session are those which are fun, spontaneous, interactive and require physical contact.

Sessions create an active and affective parent-child connection. Amidst the laughter and hugs, through the playful, positive interactions that Theraplay provides, children begin to develop a new view of themselves, the world and how people in their world can respond to them. Theraplay helps children with many different issues (emotional, developmental, and behavioural).

Individual Family Theraplay® Social & Thinking Skills Group

(for parents & their children)

Our 8 week group format provides a safe, playful, fun, engaging, milieu for who wish to learn skills as a individual family unit.

- children & parents incorporate new skills that foster self-regulation, emotional control & perspective taking
- promotes character & value building (empathy, respect, responsible, self control, integrity)
- during sessions, amidst the giggles & hugs, we celebrate successes, acquire pro social skills, form new friendships, increase trust in self & others and enhance parent-child & peer connections.
- parent easily transfer new skills to home life, expanding and creating new successes.

Multi-Family Theraplay® □ Social & Thinking Skills Groups

(age appropriate groups for children / teens ages 5-14 & their parents)

Our 8 week group format provides a safe, playful, fun, engaging, milieu

- a leading intervention that builds social competence
- lively, fun engaging program, where parents & youth acquire new skills & friendships
- youth explore who they are & how their behaviour affects others
- fosters self-regulation, emotional control & peer relationships
- develops perspective taking, flexible thinking & problem solving skills
- presents visual concepts, Theraplay activities, social stories & games
- utilizes our TACTICS TOOLBOX- with over 45 concrete strategies for success
- targets: friendship skills, reading faces / body language, respecting boundaries, reactivity & anxiety reduction, compromising, negotiating, accepting “no”, bullying prevention & more.
- promotes increase in trust, self esteem, inner strength & prosocial skills.

Theraplay® Sunshine Circles: Nurture your Classroom with Play

- adult-directed, structured interactive play groups
- a social/emotional curriculum
- enhances emotional well-being & social skills
- develops warm, positive relationships & classroom communities
- playful & fun experiential learning for all

Classroom Theraplay® Social & Thinking Skills Groups

(Students & their Teachers)

- this format provides a safe, playful, fun, engaging milieu within the "classroom family"

that promotes rich relationships.

- students & their teachers incorporate new skills to embrace character building, positive qualities & values.
 - youth explore who they are & how their behaviour affects others
 - fosters self-regulation, emotional control & peer relationships
 - develops perspective taking, flexible thinking & problem solving skills
 - presents visual concepts, Theraplay activities, social stories & games
 - utilizes our TACTICS TOOLBOX- with over 45 concrete strategies for success
 - decreases bullying & aggressive behaviour. during sessions, we create successes, acquire pro social & friendship skills, increase trust in self & others and self-esteem.
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- targeted skills include, eye contact, active listening, waiting turns, asking permission, accepting 'no", reading faces & body language, respecting boundaries, dealing with teasing & bullying, anger management and more.
 - teachers play a key role acquiring buzz words and strategies, then utilizing them during structured and unstructured times of the school day.
 - group process provides a powerful tool allowing impetus for change and the attainment of individual and group goals.

Benefits of Theraplay®

- Enables parents and youth to relate to each other in healthy ways
- New friendships are made within the group
- Healthy peer interactions are developed
- Encourages parents to engage in Theraplay activities as often as possible
- Balances the scales of "structure and nurturance"
- Enhances self-esteem, trust in self and others
- Teaches participants new tools to embrace and expand upon
- Fosters generalization of new prosocial skills to home and school