

Play Therapy

When children experience emotional pain, sometimes the only way they know how to express it is through behavior. This behavior is often difficult for parents and caregivers to understand. Traditional methods of therapy do not adapt to a child's unique emotional needs. Play Therapy is a tool that enables children to work through emotional issues in a way that is familiar to them. With a trained play therapist



in a safe, accepting environment, children recreate situations that resemble their current emotional struggle in order to gain understanding, resolution, and an increased sense of competency. Children can express pain, hurt, sadness and anger. A wide variety of toys, puppets, sand, water, and art supplies are made available for the children to use to express their emotional concerns. Through this method and the care of loving adults, children's lives are transformed.



Christian Recovery Center has the skill and experience to bring hope and a future to these precious little ones. The counselors at CRC have spent countless hours with children over the past 15 years helping them to cope with painful experiences. Children are able to work out their frustrations and emotions through child-directed Play Therapy. It allows the child to show deep suffering without having to use words to explain

it. Learn more about Play Therapy in the enclosed insert. Along with play therapy, CRC offers family counseling and parent coaching. Both help parents deal with their personal challenges so they are free to love and care for their children.