

Frequently Asked Questions

What is Play Therapy?

Play therapy is to children what counseling is to adults. Play therapy utilizes play, children's natural medium of expression, to help them express their feelings more easily through toys instead of words.

What will this cost me?

We will bill your insurance. Your normal co-pay would be required. If you do not have insurance, the session will cost \$20.00.

How many sessions will my child attend/how long does play therapy go?

Children will attend play therapy either every week or every other week depending on need. This will go on for 6 months. During this time children will be able to learn behavioral regulation, communication skills, family skills and other important tools necessary for continued emotional growth.

Is this in person or can it be done virtually?

Play therapy will only be offered in person. This way children can engage better with the therapist and be able to utilize our play therapy room.

What is my involvement as a parent?

As a parent, you set the value on counseling for your child. We also know that children can be amazing imitators of our behavior. As such, it is important that you are involved. Parent (or guardian) are required to attend and participate in every 4th session. The therapist will remind you of this. This will let you see what your child is learning and give your child the chance to teach you what they have been learning.

What if I miss appointments?

Things happen and life is unpredictable. We completely understand that. We ask for 24 hr notice of cancellations. In the event 3 appointments are cancelled or missed, we will discontinue play therapy and close your file until a time is better for you to engage in services.