



TELEPLAY THERAPY

what you'll need to get started...

Our Clinicians are proud to offer "TelePlay Therapy" as an option to families who are unable attend in-person clinical sessions during these difficult and uncertain times! TelePlay therapy is a form of "virtual" play therapy.

Play therapy is a well-established discipline, based upon a number of psychological theories. Research, both qualitative and quantitative, show that it is highly effective in many cases. Play therapy is our most common form of treatment used in-office, and often used to treat concerns that are interfering with the child's normal development. Reasons for treatment include, but are not limited to: *temper tantrums, aggressive behaviour, attachment issues, separation anxiety, difficulties with sleep or nightmares, anxiety, depression, families experiencing separation/divorce, and children who have experienced sexual or physical abuse, neglect, the loss of a family member etc.*

Sessions will be conducted through the use either **doxy.me** or **securevideo.com** for your child's sessions. It is HIPAA-compliant, ensures confidentiality, and is extremely user friendly {no username or password to remember!} On the day of your child's appointment your clinician will send out a link that will take you to your virtual waiting room, where your clinician will begin a video call at the scheduled time of your appointment!

Please ensure your child has a safe and private space within your home that they can engage in the session. Some children also like using headphones.

Here are the technical requirements for your session:

- Access to a computer/tablet/smartphone {a device with a camera and microphone/speakers}
- Speakers
- Stable internet connection
- Headphones *optional

Your clinician will be utilizing of a variety of developmentally appropriate, child-centered activities including but not limited to: art, puppets, biblio-therapy, games, and non-directive play {where your child will utilize toys they have within their own home}. Please know that your clinician **will** collaborate with you to pre-plan each session if additional supplies will be needed for a particular activity.

Here are some things you can prepare for your child's session:

- Access to a few favorite toys {i.e. a variety of small figurines}
- Pencil crayons, felts, or crayons {*please ensure there are a variety of darker colours}
- Paper
- Glue
- Scissors
- Playdough or clay
- Paint (washable)
- Favourite stuffy
- Small* variety of craft supplies {i.e., pom poms, stickers, feathers, googly eyes, yarn, paper bags}



If you have any other questions please write them down to ask your child's clinician during your Caregiver Intake.

-Family Counselling Centres Team