



PLAY THERAPY

A safe space where children can express, heal, and grow through play

Key Benefits :

- ✓ Calmer emotional responses
- ✓ Better communication
- ✓ Improved friendships
- ✓ Greater confidence
- ✓ Reduced anxiety and stress



MORE INFO

zhujiayu.bj@gmail.com



WHEN CHILDREN STRUGGLE BUT CANNOT EXPRESS IT IN WORDS...

THEY OFTEN SHOW IT THROUGH BEHAVIOR, EMOTIONS, OR WITHDRAWAL...

- Struggles with friendships
- Gets easily upset or emotional
- Avoids school or social situations
- Has frequent conflicts or meltdowns
- Seems anxious, withdrawn, or “shut down”
- Has experienced family stress or change

PLAY THERAPY CAN HELP

PLAY THERAPY IS A CLINICALLY SUPPORTED APPROACH THAT HELPS CHILDREN EXPRESS EMOTIONS THROUGH THEIR NATURAL LANGUAGE **PLAY**, WHICH IS HOW CHILDREN PROCESS THE WORLD.

HOW IT WORKS IN A SESSION:

IN A SAFE THERAPEUTIC SPACE:

- The child leads the play
- The therapist follows and supports emotional expression
- Emotions are expressed through play and symbolic activities
- Children learn new coping and regulation strategies

THROUGH PLAY, CHILDREN CAN:

- Process emotions safely
- Recreate and understand experiences
- Practice new coping and response strategies to enhance mental flexibility

AS ADULTS, WE OFTEN TALK THROUGH OUR THOUGHTS AND FEELINGS WITH A COUNSELOR, BUT FOR CHILDREN, WORDS ALONE **DON'T** ALWAYS REACH WHAT'S REALLY GOING ON INSIDE.

SO HOW DO WE REACH THE WORLD THAT WORDS CAN'T FULLY DESCRIBE ?

IN PLAY THERAPY, **PLAY AND CREATIVE MATERIALS** BECOME A CHILD'S NATURAL LANGUAGE, WHERE TOYS, ART, AND STORYTELLING HELP THEM SAFELY EXPRESS EMOTIONS, PROCESS EXPERIENCES, AND MAKE SENSE OF THEIR INNER WORLD AT THEIR OWN PACE.

Let's look at what we do in the session that makes this possible.

SAND PLAN

INSTRUMENTS & MOVEMENTS

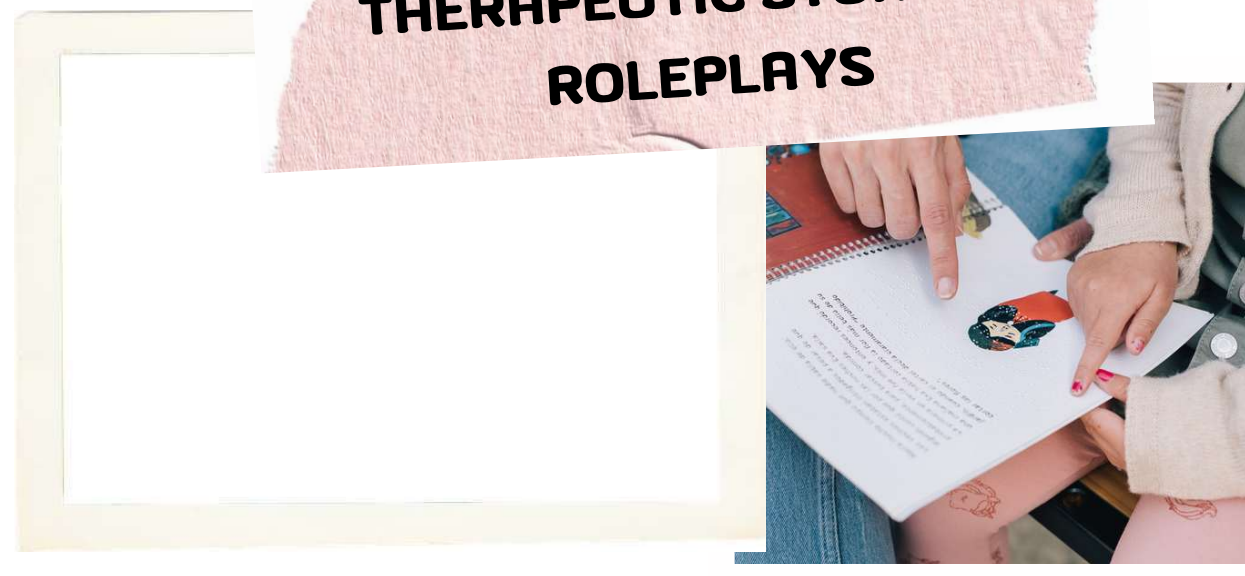
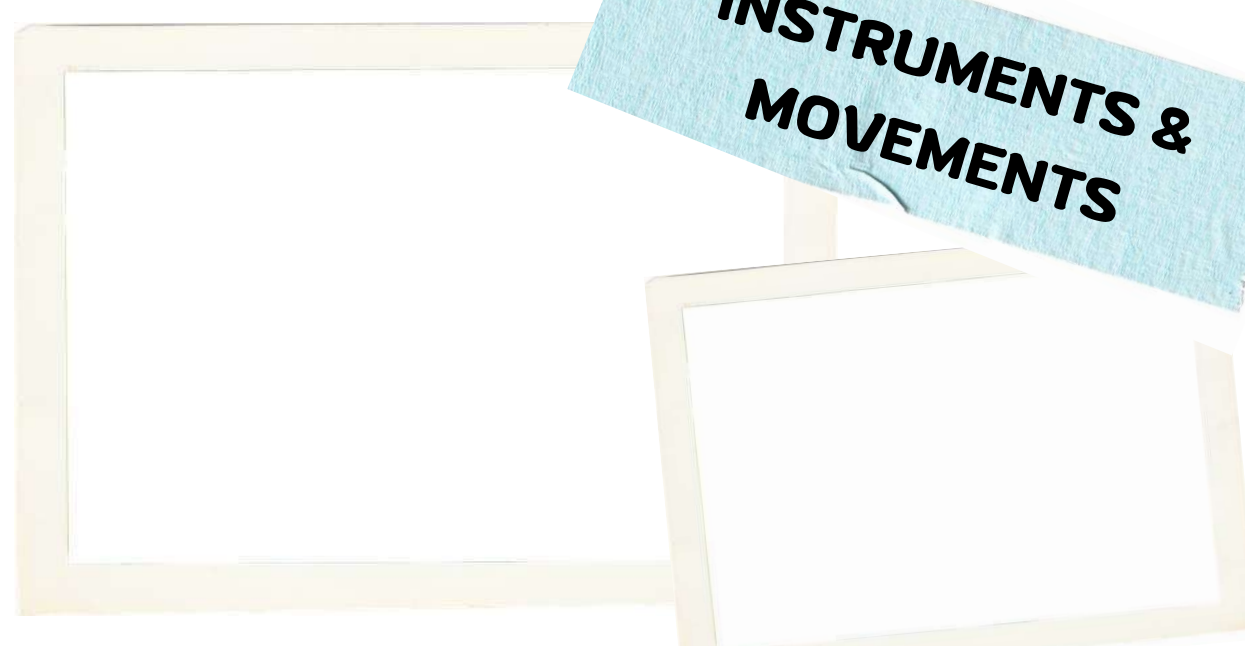
PUPPETS

THERAPEUTIC STORIES & ROLEPLAYS

CREATIVE ARTS



GAMES





游戏治疗 PLAY THERAPY

一个让孩子通过“游戏”
表达、修复、成长的安全空间

孩子会收获：

- ✓ 更稳定的情绪状态
- ✓ 更好的沟通与表达能力
- ✓ 社交与友谊技能的发展
- ✓ 更充足的自信心
- ✓ 焦虑与压力减少



更多信息

zhujiayu.bj@gmail.com



当孩子有困难，却无法用语言表达时…

孩子往往会通过行为、情绪或退缩来表达内在的困难。

- 难以交朋友
- 情绪容易失控或波动大
- 回避学校或社交
- 经常发生冲突或情绪爆发
- 焦虑、退缩或变得沉默
- 经历家庭压力或变化

游戏治疗可以提供帮助

游戏治疗是一种基于临床研究的干预方法，它通过“游戏”这种孩子的自然语言，帮助他们表达情绪与处理经历的生活事件。

辅导过程是什么样的：

在安全的疗愈环境和关系中：

- 孩子们主导游戏过程
- 治疗师跟随孩子并使用游戏治疗技术促进情绪表达
- 孩子通过游戏、象征性活动加工经历与感受
- 在新的关系模式中学习适宜的问题解决策略与调节方式

通过游戏治疗孩子可以：

- 安全的处理情绪
- 重现、理解生活事件并对经历再加工，构建新的意义
- 更新应对策略，发展更具灵活性的心理应对技能

作为成年人，我们通常会和咨询师通过语言交流来梳理自己的想法和情绪，但对孩子来说，仅仅依靠语言并不总能真正触及他们内心深处的真实感受。

语言无法抵达之处，我们要如何触及？

在游戏治疗中，**游戏和创意材料**是孩子的“语言”。他们通过玩具、绘画和故事，在安全的环境里表达情绪、整理经历，也慢慢理解自己的内心世界，一切都将按照他们自己的节奏来进行。

一起来看看
我们如何通过
“玩”走进孩子
的内心世界。

沙盘游戏

音乐&舞动

创造性艺术表达



手偶



游戏互动



隐喻故事&角色扮演

