

# Exploring the Foundations, Principles, and The “Four Pillars” of Child-Centered Play Therapy

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Child-Centered Play Therapy

# About Me



# Child-Centered Play Therapy Model

## 4 Pillars of Play Therapy

1. Reflecting Feelings
2. Choice Giving
3. Limit Setting
4. Encouragement

Skills & Techniques  
of Interaction

## Applied Play Therapy

Practical Application  
& "How-to's"

## Foundations of Play Therapy

Core Beliefs &  
Philosophy



# History of CCPT

- Freud
- Rogers
- Moustakas
- Guerneys
- Axline
- Landreth



# Foundations of Play Therapy

Core Beliefs and Philosophy



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# Philosophy





# Relationship





# Unconditional Acceptance





Freedom





# Self-Actualization



# Core Beliefs





**“Never do for a child that which he  
can do for himself.”**



**“Where there are no limits,  
there is no security.”**





**“Noticing children is a powerful  
builder of self-esteem.”**



**“Feelings are always valid, even when behavior is not acceptable.”**





**“If you know enough to ask a question, you know enough to make a statement.”**



**“In play, children express what their lives are like, what they need, or how they wish things were.”**





**“When a child is drowning, it is not the time to teach him to swim.”**



**“Focus on the relationship,  
NOT the problem.”**





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# Be With Attitudes

- I'm here
- I hear you
- I understand
- I care
- I delight in you



# Reflective Responding

- Reflecting Feelings
- Reflecting Content
- Tracking Behavior





# “I wonder” statements



# Returning responsibility





# Relationship Preserving



# Skills & Techniques of Interaction



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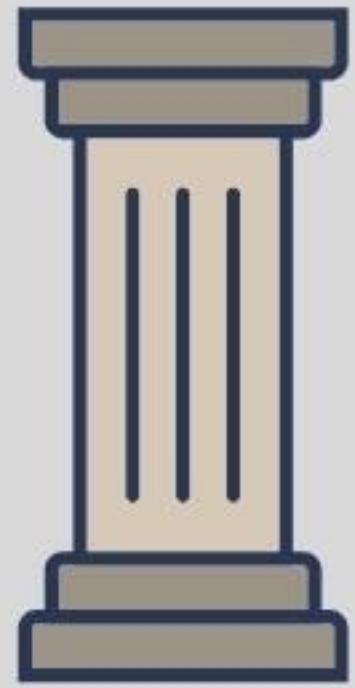
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## 4 Pillars of Play Therapy

# Reflecting Feelings

# Reflecting Feelings

- Look into eyes
- Form short sentence
- You
- Feeling
- Qualifier



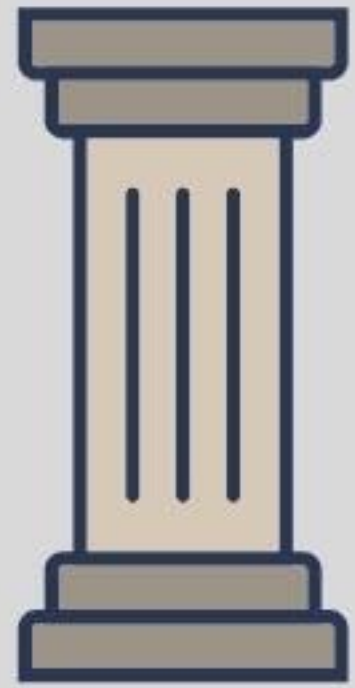
You are sad.





You are sad the toy broke.





# 4 Pillars of Play Therapy

## Choice Giving

# Choice Giving

- Empowerment choices
- Enforcement choices (Limit Setting)
- You can choose... or you can choose...



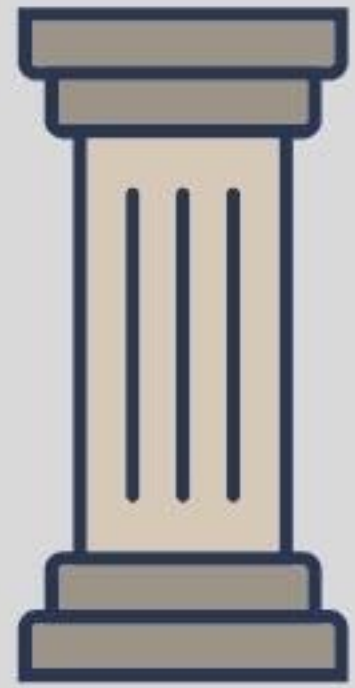


You can choose the blue sword or  
you can choose the yellow sword.



You can choose to wash your hands  
in the bathroom or you can choose  
to wash your hands in the playroom.





# 4 Pillars of Play Therapy

## Limit Setting



# Limit Setting

- Use of two earlier skills
- Reflect feeling
- Set neutral limit
- Give choice of appropriate behaviors



1. I know it's fun to throw the ball...



2. but people aren't for  
throwing at...





**3. You can choose to throw it at the target or you can choose to throw it at the wall.**



1. I know you want to reach the  
games...



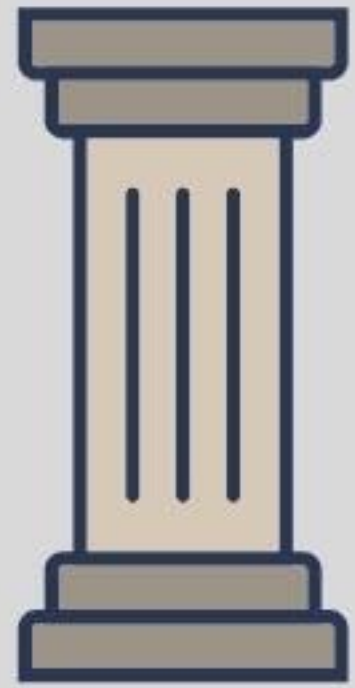
2. but the shelves aren't for climbing on...





**3. You can choose to use the stool  
or you can choose to ask me to  
help you.**





## 4 Pillars of Play Therapy

# Encouragement

# Encouragement

- Effort and contribution
- Never involves value judgments
- You
- acknowledgement





# You worked hard!



# You figured it out!



**You kept trying until you got it!**





You knew what  
to do!



# Child Centered Play Therapy Timeline



# Child Centered Play Therapy Timeline

## Sessions 1-4:

- Expressed curiosity
- Engaged in exploratory, noncommittal, and creative play
- Made descriptive and informative comments
- Exhibited happiness and anxiety



# Child Centered Play Therapy Timeline

## Sessions 5-8:

- Continued exploratory, noncommittal, and creative play
- Generalized aggressive play increases
- Expressions of happiness and anxiety continue
- Spontaneous actions are evident





# Child Centered Play Therapy Timeline

## Sessions 9-12:

- Exploratory, noncommittal, and aggressive play decrease
- Relationship play increases
- Creative play and happiness are predominant
- Non-verbal checking with the therapist increases
- More about family and self is given



# Child Centered Play Therapy Timeline

## Sessions 13-16:

- Creative and relationship play predominates
- Specific aggressive play increases
- Happiness, bewilderment, disgust and disbelief increase



# Child Centered Play Therapy Timeline

## Sessions 17-20:

- Dramatic and role play predominate
- Specific aggressive statements continue
- Increase relationship building with the therapist
- Happiness is the predominant emotion
- Continued information about self and family



# Child Centered Play Therapy Timeline

## Sessions 21-24:

- Relationship play, dramatic, and role play predominate
- Incidental play increases





# Subscribe!



# Contact Me!

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