

Play Therapy

FOR CHILDREN

(Ages 3 to 12)

Our specialised play therapy services support children between the ages of 3 and 12 in coping with emotional challenges, processing trauma, and developing new skills and behaviours.

Children often lack the ability to verbalise their emotions effectively, making traditional talk therapy less suitable for this age group. Play, however, is a natural medium through which children express their experiences, feelings, and understanding of the world. It serves as a vital tool for fostering self-awareness, emotional regulation, and interpersonal understanding.

Through play therapy, children are provided with a safe and supportive environment where they can express themselves using various techniques such as painting, drawing, working with clay, engaging with toys (e.g., animals and dolls), and storytelling. These methods help counsellors identify the child's emotions and thought patterns, while also guiding the child in acquiring healthy coping strategies in an age-appropriate, engaging manner.

Children in this developmental stage often find it difficult to think abstractly or fully comprehend their emotions and behaviours. As such, a minimum of six sessions is generally recommended to ensure therapeutic progress. The total number of sessions required will vary depending on the child's personality, the nature of the challenges faced, and the time needed to establish a trusting therapeutic relationship.



Get in Touch

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🕒 Monday - Thursday: 09:00 - 16:00