

Growing Roots

T H E R A P Y

A Few Frequently Asked Questions

What is Play Therapy?

Play therapy is a form of counselling or psychotherapy in which play is used as means of helping children express or communicate their feelings.

It also allows children, teens and young adults to make sense of their world, learn new skills such as coping mechanisms and to improve their self-concept.

Play therapy uses tools such as the sand tray, puppets and dolls as modes of expression. It can be both directive (the therapist provides a structured activity) or non-directive in that the child (client) leads the way in play.

From this, a therapeutic process occurs where the child explores and expresses their world. At Growing Roots Therapy, we primarily use play therapy, but are also trained in other modalities and talk therapies.

How does playing help as therapy?

Play is the natural language of children. Often the hard things in life lack words and play allows for them to be expressed and re-worked in a safe way. The play therapy relationship with the therapist is also important in that it communicates an unconditional positive regard and safety which can be therapeutic.

What types of issues can you help with?

We can help with the BIG things, and the small questions and concerns as well. Anything from child development, learning how to deal with an age and stage, sleep issues, behaviour, coping and routines to the big stuff like trauma, grief, anxiety and depression.

We believe in prevention and early intervention, so please never feel that your concern is too small or silly.

I am not sure we need therapy, but we need help with _____, what should we do?

This is something we often hear. We get it, we are parents! We are not sure if the said issue is BIG enough, but we are feeling a tad lost, unsure and looking for ideas on how to handle it in the best way possible. We hear you!

Parenting is hard work, confusing and normally a guessing game! We have you covered for these types of things too. As we said, we value early intervention as we know how far it can go to making a difference in the long run. The huge positive on this is, maybe we just need a brainstorming session or two and you will feel empowered and on the right track!

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E-Consult



Is this normal?

This is a very common one that we hear from parents about a certain behaviour or developmental age and stage question. We are happy to help with these types of questions too, because let's be real, Googling parenting advice can be scary sometimes.

When I come, what types of things will my child and I be doing?

This really depends what we are working on. We will be upfront with you ahead of time and prepare you with what to expect. Some parents come alone first to talk and problem-solve some ideas of what might help. Some parents bring the children and we spend time just one-on-one with the child doing some assessment (playful of course) to try and determine what is going on. Sometimes we work with parents and children together doing playful exercises to enhance the relationship. So, it does really depend.

How Long Does Play Therapy Take?

This again depends on what we are working on. For lower level issues, it may be just a few sessions or parenting consultations. For more intense issues upwards of 20 sessions is recommended. At the time of assessment, we will always work to formulate a plan that works for you and your budget. We are committed to finding a solution.

Are your services covered by insurance?

Often yes. We are registered social workers by trade (R.S.W.) so if you are inquiring with your benefits, this is the qualification you are looking for. We will work together to find a payment plan that works for you.

How do we start the process?

Simply, let's connect. Call, email or text us to set up a phone conversation and we can see if our services might be a fit.

What do I tell my child?

We can help with this once we have chatted and decided what our plan is. If your child is coming to the office, we have a pointers sheet of what to say that we can email you.

My teen doesn't want to come for therapy, what do I do?

Well, let's chat about it and see. This is very normal for teenagers to say. It is often scary to think about going into a strange setting with a strange adult. Often, we can work through this after we have chatted.

Do you see young adults?

Yes, while play therapy is helpful for small children, it is helpful for teens, young adults and even adults. Our play therapy services are a specialization and we are originally trained as adult therapists and then specialized in play. We do and are happy to see young adults at Growing Roots Therapy. We are never too old to play!

Are your services confidential?

100 % yes. We abide by strict ethical codes under The Manitoba College of Registered Social Workers and the Canadian Association of Play Therapy. Our offices are unmarked to ensure utmost dignity and respect and all your information follows strict privacy guidelines. If you wish us to be involved in any type on conversations with others, we require signed permission to proceed.