

# Building Healthy Connections Newsletter

## February 2021

### What is Play Therapy?



According to the **Association for Play Therapy**, “Initially developed in the turn of the 20th century, today play therapy refers to a large number of treatment methods, all applying the therapeutic benefits of play. Play therapy differs from regular play in that the therapist helps children to address and resolve their own problems. Play therapy builds on the natural way that children learn about themselves and their relationships in the world around them (Axline, 1947; Carmichael, 2006; Landreth, 2002).

Through play therapy, children learn to communicate with others, express feelings, modify behavior, develop problem-solving skills, and learn a variety of ways of relating to others. Play provides a safe psychological distance from their problems and allows expression of thoughts and feelings appropriate to their development.”

### Additional Resources:

#### Play Therapy Can Help Kids Speak the Unspeakable

*The New York Times*

#### Why Play Therapy is Appropriate for Children

### In the Blog...

#### 3 SIGNS YOU MAY BE READY FOR COUPLES THERAPY



The drive to find someone to whom we can turn to for comfort is wired into our genes and our bodies. We enter into romantic relationships to feel close, to feel connected, and to feel loved. Ideally, these connections provide us a sense of safe haven to feel comfort and emotional support, as well as a secure base from which we can go out into the world and explore. So, what about when our relationship does not provide these things? What if our relationship has changed? What if we feel stuck?

[Read More](#)

[Check out more SVPS Blog content!](#)

**with Symptoms of PTSD:  
6 Reasons Why Play Therapy is an Effective  
Treatment Choice for Children with Trauma**  
*The Association for Play Therapy*

**Video: Play Therapy Intro**  
*The Association for Play Therapy*



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## **Featured Online Groups: Social Skills Group, Ages 7-9**



Our 50-minute Social Skills Groups have a relational focus that teaches children how to approach others, resolve conflict, and make friends. Our groups aim to help children develop a deeper capacity for relatedness that can be translated into more meaningful relationships, both at home and at school.

Kids in our Social Skills Groups often leave with the following tools:

- Increased patience
- Decreased impulsive behavior
- Confidence to initiate conversation
- Ability to resolve conflict
- Greater awareness of social cues
- Capacity to respond to others with understanding and empathy
- Feelings of connection with peers

[Click here to register today!](#)

## High School Support Groups, Ages 16-18



Navigating relationships as a teenager can be difficult. Our 50-minute teen groups will provide a safe space for teens to discuss their struggles and successes. Leaders help to facilitate group discussions about topics such as bullying, body image, self-confidence, academic achievement, sports, friendships, and more.

[Click here to register today!](#)

## Young Adult/Recent Graduate Support Group, Ages 18-25



Launching takes place when a young adult leaves their home of childhood in order to pursue adulthood. Many times this involves graduations, going away to college, or obtaining a first full-time job. While this can be an exciting time, it can also be filled with fear, anxiety, stress, and uncertainty. Sometimes young adults struggle to successfully launch and move into the next developmental stage

of adulthood. This group will aim to provide a safe and supportive environment for young adults struggling with issues related to launching.

[Click here to register today!](#)

[View all of our online groups here!](#)

## Other Services We Offer

- Individual, Couples, and Family Therapy
- Comprehensive Diagnostic Evaluations
- Collaboration with Schools
- Consultation to Professionals
- Community Presentations, Seminars, and Training
- Pre- and Post- Adoption Psychological Services
- Developmental & Special Needs Psychological Services

[Contact Us!](#)

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