

The Theraplay Institute is:

- A treatment center, providing therapeutic services to children and their parents in the Chicago area
- An international training institute, providing training in the Theraplay model for mental health professionals, parents, and teachers, locally and internationally
- An information resource with an on-line therapist referral directory, a library of publications, a media resource center of books and videos for purchase
- A sponsor of professional networking groups
- A research clearinghouse, supporting and collecting research results on the effectiveness of Theraplay
- Approved by the American Psychological Association, the National Board of Clinical Counselors, the Association for Play Therapy, and the State of Illinois Department of Professional Regulation to provide continuing education for mental health professionals
- A 501(c)(3) non-profit organization



Mission: Building strong families and emotionally healthy children and adults through Theraplay training, treatment, advocacy and research.

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Strengthening Parent-Child Relationships Through Play

General Information and Services



What is Theraplay?

Theraplay improves the child's behavior and emotional state by strengthening the parent-child relationship.



The Theraplay therapist guides the parent and child through playful, fun games, developmentally challenging activities, and tender, nurturing activities. The very act of engaging each other in this way helps the parent regulate the child's behavior and communicate love, joy, and safety to the child. It helps the child feel secure, cared for, connected and worthy.

We call this “*building relationships from the inside out*”.

How does Theraplay differ from other types of child therapy?

- It directly involves the parents or caregivers
- It is active, interpersonal and fun—not “talk therapy”
- Progress can be made quickly
- It is based upon attachment theory—the idea widely accepted by experts that the parent-child relationship is at the core of healthy development

- It focuses on the “here and now”, not what happened in the past
- Because it does not involve verbal or symbolic understanding, it can be used with very young children or children with developmental delays
- The “Theraplay way” flows easily from the clinical setting to the home for long-term results
- Theraplay treatment is appropriate for all ages—infancy through adolescence.

Reasons to Seek Theraplay Treatment

Theraplay has been used successfully to help children with a wide variety of problems:

- Acting-out, angry or disruptive behavior
- Defiant or controlling behavior
- Shy, withdrawn or clingy behavior
- Attachment issues due to adoption or multiple family placements
- A history of trauma or neglect
- Development disorders (Asperger's Syndrome, Autism Spectrum Disorders)
- ADD/ADHD

- Behavioral problems at school or with peers

Most importantly, if you feel stuck in a negative dynamic with your child, feel helpless to deal with your child's challenges, or despairing of ever having a normal, healthy relationship with your child—you can benefit from Theraplay.



For More Information

To find out if Theraplay might be right for you and your child, to get treatment at The Theraplay Institute, or to find a Theraplay therapist near you, please contact us:

Allison Levine, Intake Coordinator

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I N S T I T U T E

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For more information about the history of Theraplay, the research supporting Theraplay, the books and videos about Theraplay:

www.theraplay.org