*Definition of Child Centered Play Therapy (CCPT).*

CCPT utilizes play, the natural language of children, and therapeutic relationship to provide a safe, consistent therapeutic environment in which a child can experience full acceptance, empathy, and understanding from the counselor and process inner experiences and feelings through play and symbols.

CCPT is a developmentally responsive, play-based mental health intervention for young children ages 3 to 12 who are experiencing social, emotional, behavioral and relational disorders. CCPT utilizes play, the natural language of children, and therapeutic relationship to provide a safe, consistent therapeutic environment in which a child can experience full acceptance, empathy, and understanding from the counselor and process inner experiences and feelings through play and symbols. In CCPT, a child’s experience within the counseling relationship is the factor that is most healing and meaningful in creating lasting, positive change. Based on person-centered principles, the overarching goal of CCPT is to unleash the child’s potential to move toward integration and self-enhancing ways of being. Child outcomes following CCPT include decreased symptomatic behaviors and improvement in overall functioning.

Play therapy You tube explanation

<https://youtu.be/reJpo-GaopM?si=E9An36v2-n9JKgEq>

Randomized Controlled Trials and Quasi-experimental Studies CCPT is evidence based therapy

(Mental Health Focus) [https://cpt.unt.edu/child-centered-play-therapy Accessed 7/9/2024](https://cpt.unt.edu/child-centered-play-therapy%20Accessed%207/9/2024) University of North Texas

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