



**SYNERGETIC
PLAY THERAPY™**

Process of Change

Step 1: The child becomes aware that (s)he is dys-regulated and begins to explore the symptoms through projection- setting up the therapist and the toys to feel how (s)he feels.

The therapist becomes attuned with the child, so that (s)he can embody the projection and mirror the child's state back to him/her. In doing so the child sees her/himself reflected clearly and starts to become aware of how (s)he feel.

Step 2: The child begins to realize that there are other choices

The therapist presents alternative behavior and cognitive patterns to the child by modeling within the play experience, in a non-directive format.

Step 3: The child tries on a new choice once (s)he perceive more benefits to drawbacks to making the new choice

The therapist highlights the behavioral and cognitive changes in the play, thereby reinforcing the pattern into the child's newly created neural-network.