

Synergetic Play Therapy®

THE NINE TENETS

TENET #1

The therapist supports the child in integrating his/her/their perceptions of the perceived challenging events and thoughts in his/her/their lives.

TENET #2

Attunement between therapist and child is essential in order to heal disorganization in the lower brain stem and re-pattern their nervous system.

TENET #3

The therapist models self-regulation to the child, because children learn most through observation.

TENET #4

The therapist's ability to use mindfulness to be congruent and authentic in language and non-verbal signals allows the child to feel safe in the relationship and engage in reflective awareness.

TENET #5

The child's symptoms are understood as symptoms of dys-regulated states of the nervous system.

TENET #6

The therapist is the most important toy in the playroom. Toys are used to help facilitate the relationship between the therapist and the child. In SPT's truest form toys and language are not required.

TENET #7

The therapist supports the child in getting in touch with the child's authentic self; who the child truly is rather than who the child thinks he/she/they should be.

TENET #8

The synergy between the therapist's authenticity, attunement, congruence, and nervous system regulation support the child in learning how to attach to self, the cornerstone of all healing.

TENET #9

The child projects his/her/their inner world onto the toys and therapist setting them up to experience his/her/their perception of what it feels like to be him/her/them.