



Synergetic Play Therapy® Tenets

1. The child's symptoms are understood as expressions of the **activation of the autonomic nervous system**.
2. The child projects his/her/their inner world onto the toys and the therapist, setting them up to **experience his/her/their perception** of what it feels like to be him/her/them.
3. The therapist's ability to use **mindfulness to attune** to themselves and the child is an essential component for co-regulation.
4. The therapist becomes the **external regulator** modeling and co-regulating the child for integration and re-patterning of the activation of the autonomic nervous system.
5. The therapist's ability 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**.
6. The therapist supports the child in **integrating his/her/their perceptions** of the perceived challenging events and thoughts in his/her/their lives.
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.
8. The **therapist is the most important toy in the playroom**. In SPT, toys and language are not required.
9. 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.