

Play therapy

Questions Before Starting Play Therapy

Adults | 10 to 15 minutes

Play therapy is a professional therapeutic approach, not simply giving a child a particular toy or interpreting a drawing. A caregiver can help by describing everyday concerns and asking how the therapist will work with the child and family.

Write observable examples without identifying a cause. Prepare questions for a qualified child clinician and include the child's preferences when developmentally appropriate.

Bring ordinary observations

Describe changes at home, school, or with peers, including strengths and situations where the child is comfortable. Avoid treating themes in play as proof of an event or diagnosis.

Clarify the process

Ask about the clinician's training, caregiver involvement, privacy limits, safeguarding duties, and how the child's assent and distress are handled. Clarify how progress and concerns will be discussed.

1. What everyday change or concern do I want the clinician to understand?**2. What strengths, interests, or comfort needs should be included?****3. What questions do I have about training, privacy, and caregiver involvement?****4. How will the child's preferences, distress, or wish to pause be respected?****Clinical use and adaptation**

Do not interpret play or drawings as diagnostic or forensic evidence. Obtain age- and setting-appropriate consent and assent and explain confidentiality limits. Specialized play therapy requires competence; avoid trauma reenactment or investigative questioning by caregivers.