

Child's
A First Book

about

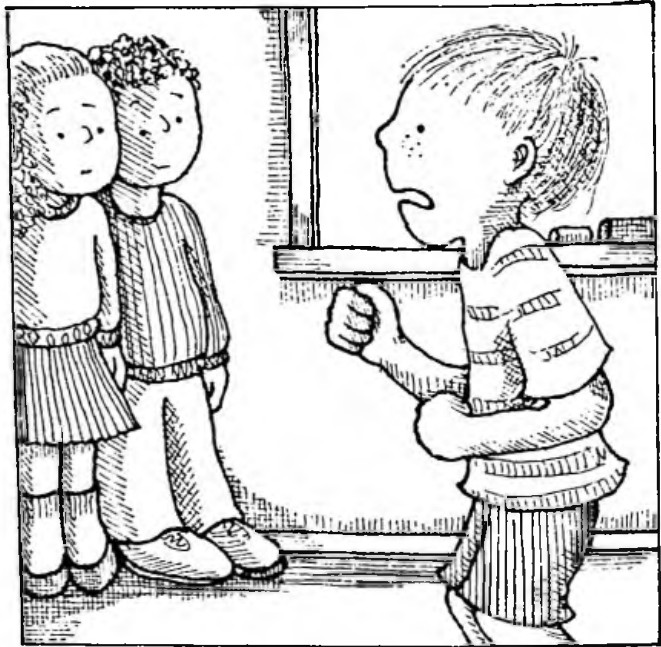
PLAY THERAPY

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Have you ever noticed
how some kids have problems?

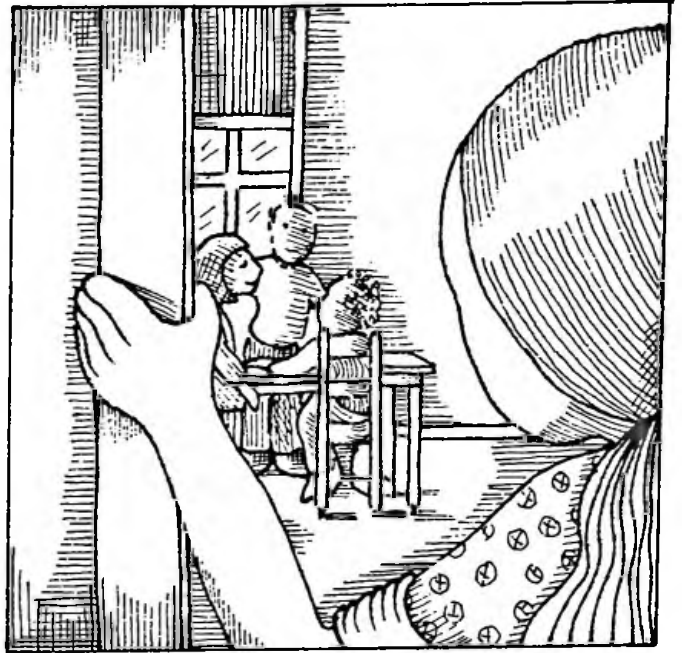
They might
get into
fights a lot.



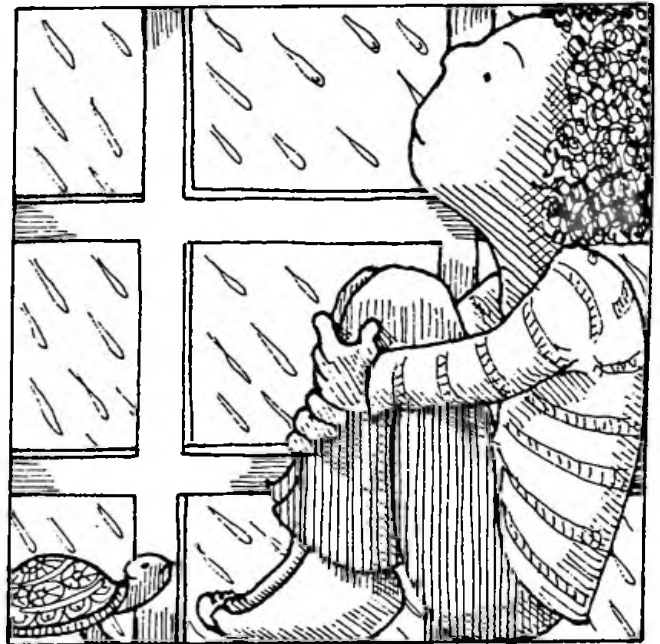
They might
have trouble
sharing.



They might
feel very
shy and nervous
around
other kids.



Or maybe
they worry
a lot.



Doing one of these things
a lot means that kids have
problems.

A problem is a thing you
worry about or feel bad
about.

Sometimes a problem
makes you want to cry,

Or hit someone,

Or be all by

Yourself.



It's hard to keep having these problems. It bothers children. They don't know where the problems come from. So, they can't make them go away.

Then

They

Need

Help.

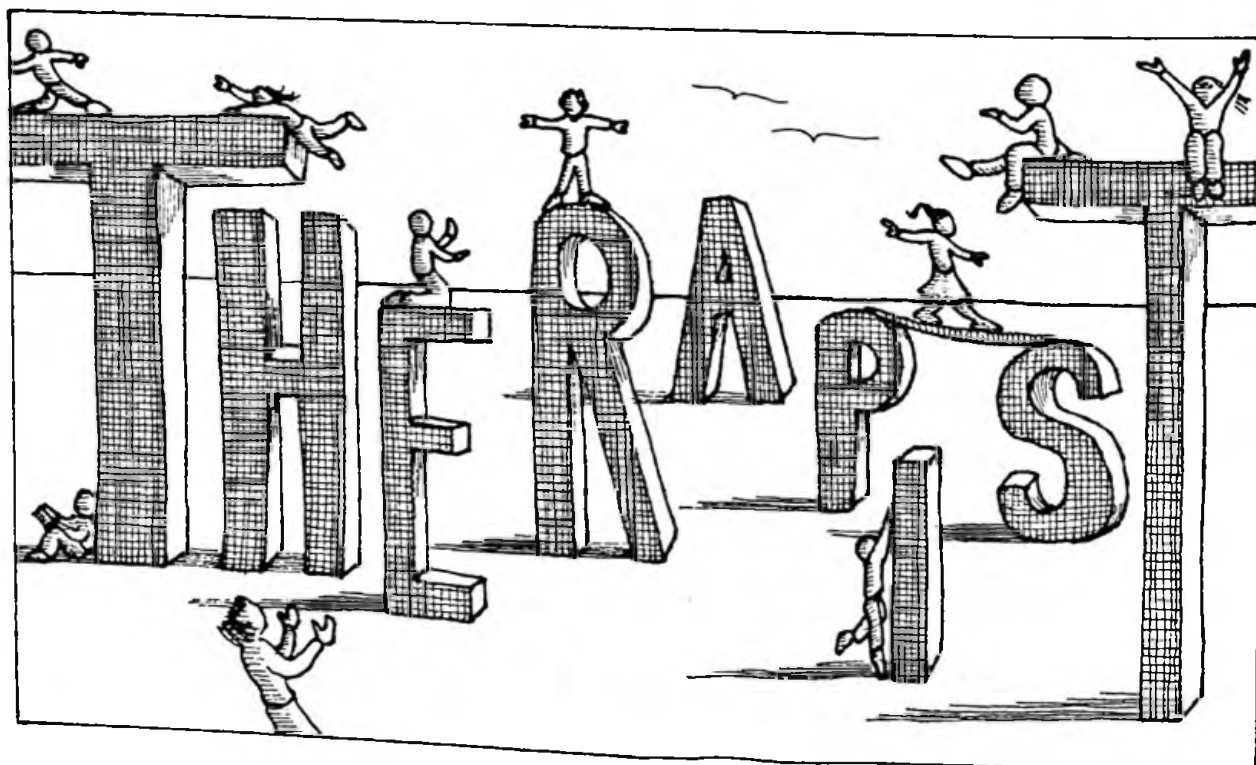


Sometimes a mom or
dad can help.

But sometimes you need
special help.

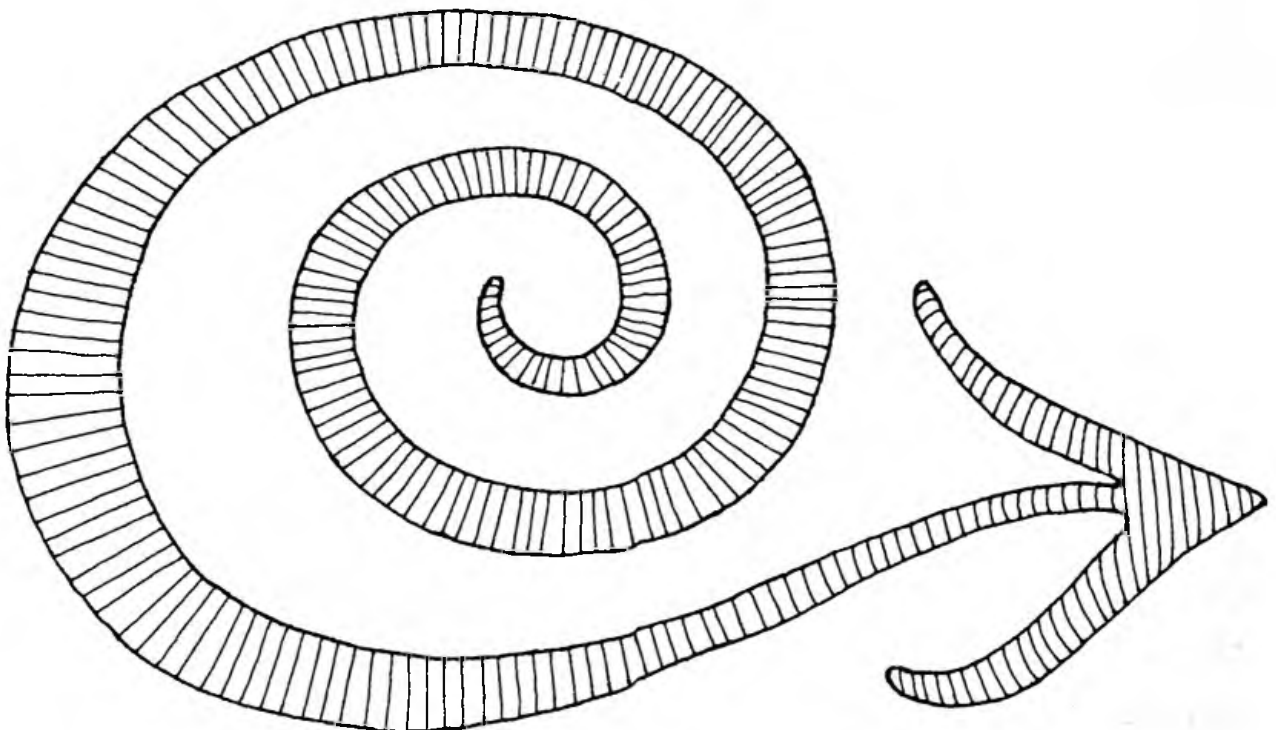
There are special kinds of helpers for children with these kinds of problems.

Some people call them "worry doctors," but their real name is child therapists.

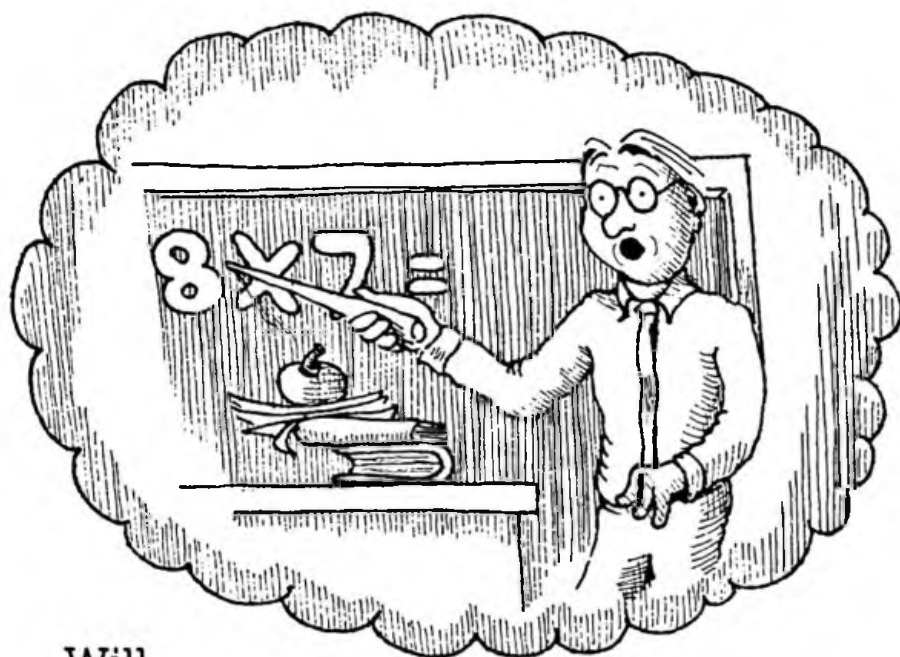


(There's only one other big word like "Therapist" in this book.)

Child therapists help children learn about the worries and feelings that make the problems in the first place.



What happens when you visit a child therapist?



Will he talk like my teacher?



Will she give me shots like my regular doctor?

Will I
go all
by
myself?

