

Amy Elizabeth Goes to Play Therapy

**A Book to Assist Psychotherapists
in Helping Young Children Understand
and Benefit from Play Therapy**

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Illustrated by J.M. Berns



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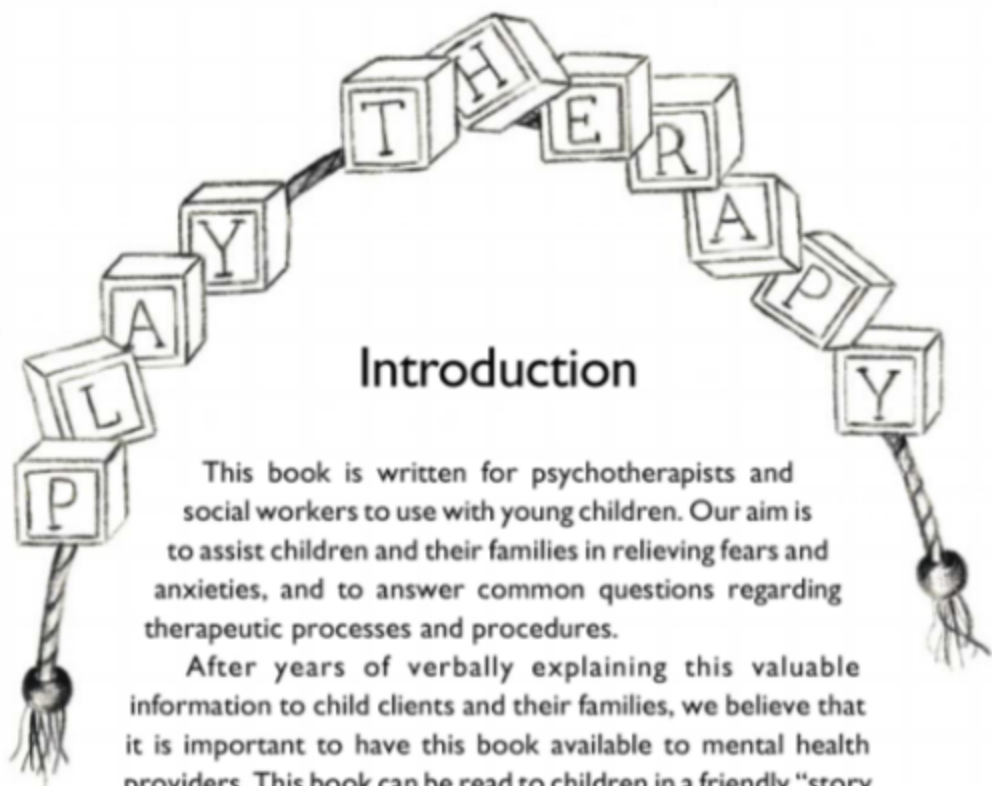
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Introduction

This book is written for psychotherapists and social workers to use with young children. Our aim is to assist children and their families in relieving fears and anxieties, and to answer common questions regarding therapeutic processes and procedures.

After years of verbally explaining this valuable information to child clients and their families, we believe that it is important to have this book available to mental health providers. This book can be read to children in a friendly "story time" fashion or their families can be included in the reading. Including a child's family in the "story time" has the advantages of facilitating therapeutic rapport, making child – caregiver separating easier, and encouraging family involvement and joint ownership of the problem issues.

We hope that this book will help pave the way for a smoother and more successful therapeutic experience!





Amy Elizabeth Goes to Play Therapy

Hello! My name is Amy Elizabeth and today I am going somewhere special. I am going to play therapy. It's a little different from regular play, because I have a job to do...but it's going to be fun.

PLAY
THERAPY
ROOM

*A Safe
Place*



I am going to see my special helper. Her name is Ms. Sunshine. She has her job to do, and I have mine. Like I said, it's fun, too.

PLAY
THERAPY
ROOM



But, you know what? The first time I came to see Ms. Sunshine, I wasn't so sure. I even felt a little scared... If this is YOUR first time, maybe you do, too. If this is YOUR first time in play therapy, let me tell you about it.

Other
Kids
Make fun
of ME.

I FEEL
LIKE AN
angry
MONSTER
LIVES
INSIDE
OF ME.



I
HAVE
MIGHT-
MARES

MY
BROTHER
PICKS
on ME




I live
in
FOSTER
CARE





Ms. Sunshine knows how to help kids like me who sometimes have problems. Special helpers, like Ms. Sunshine, help kids like you and me when they are often VERY SAD, VERY SCARED, or VERY MAD. Other times we just feel VERY MIXED UP inside.



I KICKED MY SISTER

