



**SYNERGETIC
PLAY THERAPY™**

Process of Change

This three step process explains how the process of change (transformation) occurs for a child. It also highlights the role of the therapist in each step.

Step 1: The child becomes aware that he/she/they are dys-regulated and begins to explore the sensations, feelings and thoughts through projection- setting up the therapist and the toys to feel how he/she/they feel.

The therapist becomes attuned with the child, feeling and experiencing the activation alongside the child. Becoming the external regulator, the therapist supports the child in moving towards the uncomfortable feelings, sensations, and thoughts that are arising thus bringing them into the child's conscious awareness more fully.

Step 2: The child begins to realize that there are other choices

The therapist presents alternative behavior and cognitive patterns to the child by modeling and teaching within the play experience, in a non-directive format.

Step 3: The child tries on a new choice once he/she/they perceive more benefits to drawbacks to making the new choice

The therapist highlights the behavioral and cognitive changes in the play, thereby reinforcing the pattern into the child's newly created neural-network.