Tenets for *Synergetic Play Therapy®*

1. The therapist **supports the child in changing his/her/their perceptions** of the perceived challenging events and thoughts in his/her/their lives.

2. **Attunement** between therapist and child is essential in order to heal disorganization in the lower brain stem and re-pattern their nervous system.

3. The therapist models **self-regulation** to the child, because children learn most through observation.

4. The therapist's ability to use mindfulness 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.**

5. The child's symptoms are understood as **symptoms of dys-regulated states of the nervous system**.

6. The **therapist is the most important toy in the playroom**. Toys are used to help facilitate the relationship between the therapist and the child. In SPT's truest form toys and language are not required.

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 **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.

9. The child projects his/her/their inner world onto the toys and the therapist setting them up to **experience his perception** of what it feels like to be him/her/them.

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