# Types of Reflections in Synergetic Play Therapy®

\* All reflections are authentic congruent statements in response to The Set Up in the child's initiated play and stories.  It is important to use a variety of reflections with an emphasis on the use of Observational Statements.  It is important to use a variety of reflections to promote regulation and integration in the child's brain as the child works through their challenging thoughts, feelings and sensations.   Attunement is required for all reflections to have a regulatory effect.

**Observational Based- Helps the child become aware of what they are doing while promoting a sense of "I am with you and tracking you".**
  Statements that are just the facts (the "obvious")
    ·Examples:  The car is crashing into the house.   Superman and Batman are fighting
     each other

  "You" Statements (In SPT, the therapist refrains from statements telling the child how they feel such as "You are angry" unless it is obvious)
    ·Examples:  You are working so hard to get that open.  You really want to keep the
     castle safe.

**Body Based- Helps the child become mindfully aware of what is happening in their own body.**
Describe what is happening in your body
  Use sound, breath and movement when needed for regulation
    ·Examples:  There is a swirly feeling in my stomach.  It is hard to take a deep breath.

**Limbic Based- Helps the child feel "felt" and "understood" by the therapist.  Also helps the child become curious about their own feelings.**
  Describe your own feelings
    ·Examples:  I feel scared.  I don't know how to feel right now when I watch them fight.

**Cortex Based- Helps the child become curious about is happening in their own minds.**
  Describe your mental faculty
    ·Examples: My brain feels foggy.  My attention keeps wandering and I have to keep
     bringing it back.

**Relational Based- Helps the child become aware of what is happening in the relationship itself.**
  Describe what is happening relationally between you and the client
    ·Examples:  You are over there and I am over here.  We are drawing together.

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