



## PLAY and EXPRESSIVE ARTS THERAPY

**Why do you use play or expressive arts in working with children?**

When a child begins to understand how they impact relationships with others, usually around the developmental age of three, play and expressive arts can be an effective mode to address a child's

underlying feelings about situations in his/her life. Through developing a trusting relationship in a safe, therapeutic environment, the child can work on issues such as abuse, divorce reaction, aggression, social relationships, anxiety, depression etc. through play. Play allows the hidden emotions to surface, so that the therapist can support the child and help them cope with these feelings. Expressive arts (i.e. art, music, dramatic play) is another way I might assist a child in safely expressing his underlying feelings.