



# Why PLAY Therapy?



"You can discover more about a person in an hour of play than in a year of conversation."  
-- Plato

CREOKS Health Services promotes and improves the lives of the individuals and families we serve through our commitment to provide comprehensive health, wellness and social services.

## Why Play?

Play is essential to human growth, development, learning, and cultivating relationship.

Play is a natural process that:

- Builds trust and mastery
- Fosters learning and acceptable behaviors
- Regulates emotions
- Reduces anxieties
- Promotes creative thinking and problem-solving
- Encourages open communication
- Elevates spirit and self-esteem

Play is our first language. Just as adults use words to communicate, children use play. When playing, we express thoughts and feelings that might otherwise remain hidden.



## Why Play Therapy?

Play therapy is a powerful tool for addressing cognitive, behavioral, and emotional challenges. Behavioral health professionals therapeutically use play therapy to help clients better process their experiences and develop more effective strategies for managing their worlds.

Mental health agencies, schools, hospitals, and practitioners use Play Therapy as a primary intervention or as supportive therapy for:

- Behavioral issues caused by bullying, grief and loss, divorce and abandonment, physical and sexual abuse, crisis and trauma.
- Mental health disorders, such as anxiety, depression, attention deficit/hyperactivity (ADHD), and social impairment.

Research suggests Play Therapy is an effective mental health approach, regardless of age, gender, or the nature of the problem, and works best when a parent, family member, or caretaker is actively in the treatment process.



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