

What is Creative Therapies? A Primer for Children

Ages 4-7

Your Write and Draw Book

Hello. Welcome to Creative Therapies.

My name is Dr. T.

I am a therapist for children, a feelings and behavior coach.

I think I have the greatest job!

My job is to help you and your family be happier.

Allow me to explain:

Children come to Creative Therapies for different reasons.

Some have trouble managing big feelings and are angry or fearful while others have shut down their feelings and are withdrawn and sad.

Some come because they have trouble making friends and keeping friends, are being bullied or are bullying.

Some have challenges separating from mom while others are upset because mom and dad have separated.

Some have difficulty paying attention while others are stuck and can't stop focusing on something.

There are all sorts of reasons parents have their children come play, talk, and work with me: difficulty sleeping, eating, staying dry, whatever it may be, I can help you.

What is your reason for coming?

After I meet with your parents, the next visit, also called a session, is for you. Usually during the first Creative Therapies appointment, I will give you a tour, have you draw pictures and learn about you. You can ask me questions, too.

What is something you would like to know?

In getting to know you, I will ask you about your feelings such as, "What makes you sad?" "What makes you angry?" and "What makes you happy?" I will teach your family my 'Sad, Mad Glad Game' to learn and practice talking about feelings and behaviors. Then, and this is important, you will learn how to solve and find other solutions to your challenges.

What makes you happy?

At Creative Therapies there are toys and more to show you. I'll tell you about a few other things now and leave the rest for you to explore and discover when you come. The skyblue room includes houses, a giant ball and a mini trampoline. The seasonal kitchen has art materials, crafts and a water station. The older kids sunbright room has items with more structure including brain games and the pink-blue room of early is childhood is set up like a home and is where many children love to play 'family.' Whatever you chose to do at Creative Therapies I will understand you and I will talk with you and your parents about what to do. Also, I will teach your parents my five healing recommendations for P.E.A.C.E. Of course, the first letter, P stands for PLAY!

Draw a picture of you and your family doing something together.

Along the way, Creative Therapies got nicknamed, 'The Cottage.' Children say it is like a miniature playhouse, cozy, kid size and made just for them. I will teach you how to make your own cozy, Feel Better Place at your home, and we will make a special Feel Better Toolbox to put in it. Then, over time we will add tools to your Feel Better Toolbox including skills and techniques that can help you now and that you can use for the years to come. As small as Creative Therapies at the Cottage is, it is big on feeling better and is a giant Feel Better Place. Also, I'll show you my Feel Better Toolbox. I have picked three objects that help me to self-soothe. One is a journal with a pen and colored pencils so I can write or color to express myself. Two is my favorite book to read for comfort and pleasure. Three is a card of my favorite calming yoga pose that I do while inhaling deep and breathing out long. This long outbreath is the number one way to calm down. If you practice it, when you don't need to calm down, 3x's a day such as before each meal, you will discover, that when you actually need it to calm down it will work for you, too.

What three objects would you put in your Feel Better Toolbox?