

Kids PLAY THERAPY

Why Play Therapy

- It's fun!
- Children easily express underlying emotions through play, rather than talking.
- Engages and models healthy emotional expression, and fosters awareness of the connection between feelings and corresponding need(s).
- Children learn self-regulation, coping and problem-solving skills enabling them to better express their needs.
- Play therapy is useful for those with anxiety and depression, children struggling with grief and trauma, and difficulties adjusting to sudden life changes.



For Age
5 &
Above

Register
Online
Today

For more information:

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All About Me...

At Pathways Psychological Services LLC, **Brian Sheaffer**, MSW, specializes in working with kids and teenagers who are experiencing a variety of social and emotional difficulties, such as Childhood Abuse, PTSD, Anxiety, Depression, Adjustment disorders, and transitions in their education, and personal lives.