



DISCOVERY COUNSELING AND ASSESSMENT CENTER

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Theraplay is a child and family therapy for enhancing attachment, self-esteem, trust, and joyful engagement. It is based on natural patterns of healthy interaction between parent and child; and is personal, physical, and fun. Theraplay interactions focus on four essential qualities found in parent-child relationships: Structure, Engagement, Nurture, and Challenge. Theraplay sessions create an active and emotional connection between child and parents, resulting in a changed view of the child as worthy and lovable, and of relationships as positive and rewarding.

Touch is a normal, healthy part of all parent-child interaction, and is very important for the healthy development of all children. Theraplay touch is playful and engaging, as seen in many of the surprising and delightful activities; it is nurturing in the caregiving activities; it is organizing and modulating in the structuring activities; and it is used to help or guide the child in the challenging activities. At times our goal is to maintain the safety and meet the developmental needs of the child.

A child who has been inappropriately or hurtfully touched needs to relearn what gentle, fun, and appropriate touch feels like, and therefore learn that he is worthy of this kind of treatment. Also, children who may be extremely sensitive to touch need physical closeness and playfulness, therefore Theraplay treatment seeks to provide these experiences in ways that are tolerable for the child, and eventually to expand tolerance for new sensory experiences.

You, the parents, will play a major role in Theraplay treatment. However, at the beginning of treatment, the Theraplay therapist will be the more active member of the team and initiate the interactions for the following reasons:

1. To provide a model for a new way of interacting for you and your child.
2. To get past the child's initial resistance so that your first experience with the new kind of interaction is positive.
3. To help you feel more sure of yourself and comfortable with touch.

If you feel uncomfortable with physical contact, we will move slowly until we develop a relationship with you and better understand your interaction with your child.

I have read the above statement and give permission for my child to participate in Theraplay therapy as it is described.

Legal Guardian

Date

I give Discovery Counseling permission to video my child and/or me in the initial assessment and ongoing Theraplay sessions while my family is receiving therapy. Video will be used by the therapist in his/her treatment of my family (for example, we review portions of the sessions with you to enhance positive treatment outcomes) and for supervision with a qualified Theraplay supervisor. Supervision make take place in a one-on-one or group format, in person or online. I understand that these videos and the content of these sessions are confidential (unless there is concern that the child may be in danger of being harmed). I understand that I may withdraw my permission to video with a written request. The consequence for not giving this permission is that the therapist and your family will not be able to review the sessions and therefore it may impede optimal treatment.

Patient/Child Name: _____

Printed Name of Legal Guardian: _____

Signature of Legal Guardian: _____

Witness: _____

Date: _____

Signature of Child Over 12 Years Old: _____

Printed Name of Legal Guardian: _____

Signature of Legal Guardian: _____

Witness: _____

Date: _____