



AutPlay® Therapy Quick Facts

An integrative family play therapy approach where children and parents/caregivers participate as co-change agents/partners in the therapeutic process. Designed for mental health professionals, play therapists, and child therapists.

For children and adolescents ages 3-18 who are autistic, neurodivergent, and/or have developmental or physical disabilities.

Designed to help address the mental health needs of autistic and neurodivergent children and their families.

A guide for therapists in using an integration of play therapy theories and the therapeutic powers of play for growth and healing.

A neurodiversity informed approach that strives to value neurodivergence and support non-ableist processes.

Utilizes evidence based and research informed practices to address identified needs and therapy goals.

A guide for establishing therapeutic relationship, assessing for individualized therapy needs, and implementation of play therapy interventions.

Focused on an understanding of needs related to mental health/life issues such as trauma, bullying, depression, anxiety, sensory challenges, education challenges, parent/child relationship issues, etc. As well as needs such as understanding autism, advocacy needs, social navigation, regulation goals, and family awareness, and mental health needs related to co-occurring issues such as developmental disabilities, physical disabilities, and chronic medical conditions.

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