



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 primarily 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. This includes attention deficit hyperactivity disorder, learning disorders, sensory integration needs, and social anxiety.

Designed to help address the mental health needs of autistic and neurodivergent children and their families through a neurodiversity affirming therapeutic play process.

A guide for therapists in using an integration of play therapy theories and approaches and the therapeutic powers of play to address a variety of possible mental health needs for optimal growth and healing.

A neurodiversity informed approach that strives to value neurodivergence and support non-ableist processes – respecting, valuing, and appreciating the identity and voice of the child client.

Utilizes affirming 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 approaches and 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, 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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