



## **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.

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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 differences, and social anxiety.

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

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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.

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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.

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

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

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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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