

CENTENNIAL MENTAL HEALTH CENTER, INC

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being.



Play Therapy



Play therapy is an evidenced based modality of treatment generally employed with children ages 3 through 11 and provides a way for them to express their experiences and feelings through a natural, self-guided, self-healing process. Play therapy is most often used with children who have been traumatized whether that is through abuse, divorce, death, or circumstance such as a natural disaster.

The tools of the play therapist are toys, specialized toys. These toys must be relationship-oriented; represent the reality in a child's life; elicit projective play; enable the child to go into fantasy play; encourage decision making; and enable the child to create. Playrooms must be designed to facilitate treatment

Playrooms need to be equipped with not only toys but also with video equipment and/or two way mirrors in order that the clinician can view the play therapy sessions at a later date. This enables the therapist to accurately document the progress of the treatment which, for obvious reasons, cannot be done during the play therapy sessions. This also enables the taped sessions to be used, with permission, for critiquing the treatment and training future play therapists.

By playing with specially selected materials, and with the guidance of the play therapist, who reacts in a designated manner, the child plays out his/her feelings, bringing these hidden emotions to the surface where s/he can face them and cope with them. Play therapy has proved to successfully reduce the symptoms associated with trauma such as anxiety, depression, lack of empathy, low self-esteem, feelings of inadequacy, frustration, and anger. It has also proved to be very empowering to the child who feels that s/he has no control over his/her life.



*Nurturing, Professional
& Results-Oriented*



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Our Motto: Helping communities change— one life at a time.