

## **Theraplay Resistance**

Usually when children have their first session of theraplay they enjoy it, it is totally different to what they expect from therapy and they are relieved that no one is asking them to talk. But quickly they work out that this is not fun, it's work and their brain is changing and this feels strange. So, a time of resistance is expected where your child may resist playing the games or engaging in the session. This is the time to trust your therapist, because the Theraplay model means that we go with the resistance. We do not match control with control. But rather use something called a paradoxical intervention, where we engage your child in the games on their terms to achieve our goals.

### **What do I do if my child doesn't get the game right?**

Theraplay is not about the games. This seems strange and your therapist will explain this more to you. The games are a means to an end. So, it doesn't matter if your child cheats in the challenge games, it matters that they learn to engage. It doesn't matter if they don't quite get the structure games, it only matters that they engage so that their brain starts to change.

### **What if I don't know what to do?**

Your therapist is trained in Theraplay, you're not. So, it's their job to tell you what to do, where to stand and to have a laugh with you when it all goes wrong (and it will on occasions). So please don't feel stressed about the games and activities, it will take no time before you start to do this naturally.