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Going to See a Play Therapist

A play therapist is someone who plays with kids and tries to help them with their problems.



This is Ms. Trina. She is a play therapist who helps kids.
My mom or dad or other caregiver may take me to see Ms. Trina, or another play therapist.



There are toys and games to play with, and art projects too.
Play therapists usually have an office. This is the outside of Ms. Trina's office.



Sometimes my parents or other relatives may see the play therapist with me.

Sometimes I may see the play therapist by myself. Here is the way to her door.



I will wait in an area called the lobby with my mom, dad, or caregiver until Ms. Trina comes to get me and walk together to her playroom.



Here is Ms. Trina's playroom. She may talk to me. I can talk to her and that is okay. I don't have to talk to her and that is okay too. I can go to her playroom and not feel nervous.



I can see Ms. Trina and have fun. I can see Ms. Trina and feel better.