

Neuroscience and Play Therapy

Play is an emotionally engaging experience that increases the levels of oxytocin in the brain, supporting emotional health and connection.

By creating and supporting a playful environment the therapist enables the child to relax so they can go more deeply into their therapeutic process. The child can then use their imagination to consider the possibility of change.

Play allows the child to have a 'whole brain' experience, integrating creative and emotional right brain functions with left brain logical and analytical functions.

Scientists have recently determined that it takes approximately 400 repetitions to create a new synapse in the brain - unless it is done with play, in which case, it takes between 10 and 20 repetitions! - Dr Karyn Purvis

Mirror neurons in the brain allow for shared understanding between the child and the therapist and co-regulation for the child as they manage big feelings.



**Creating
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