



School-Based Registered Play Therapy

Supporting Emotional, Social, and Academic Growth in Children

Hello and Welcome!



Kelli Baker, M.Ed SB-RPT™
Certified AutPlay™ Provider
Owner of Playful Pathways Consulting
Oklahoma School Counselor

918-752-9250

playfulpathwaysconsulting.com

playfulpathwaysconsulting@gmail.com

™



Hello and Welcome!



Lisa Dawson, MA, MS, LPC,
Registered Play Therapist-
Supervisor™

918-453-3093

www.dawsonplaytherapy.com
dawsonplaytherapy@gmail.com



What Is School-Based Play Therapy?

- A developmentally appropriate therapeutic approach
- Uses play as the child's natural language
- Helps children express thoughts and emotions they cannot yet verbalize
- Facilitated by registered school-based play therapists, who can include certified school counselors or school psychologists. Registered Play therapists also include mental health professionals who also hold the registered status.



- Accessible and convenient for students

- Integrates emotional support directly into the school environment

- Removes barriers such as transportation and cost

- Enhances collaboration between therapists, teachers, and families

Why School-Based Play Therapy?



Social and Emotional Benefits

- Reduces anxiety, stress, and emotional dysregulation.
- Builds self-awareness and self-confidence.
- Helps children manage anger, fear, sadness, and frustration.
- Supports trauma processing in a safe environment.
- Improves peer relationships
- Encourages cooperation and communication.
- Supports development of empathy.
- Teaches conflict-resolution skills.

Behavioral Benefits



- Improves impulse control and self-regulation
- Enhances problem-solving skills
- Helps students develop healthy coping strategies
- Reduces disruptive classroom behaviors

Academic Benefits

- Increases attention, focus and classroom engagement.
- Boosts school attendance, reduces discipline referrals and creates conditions for better learning outcomes.

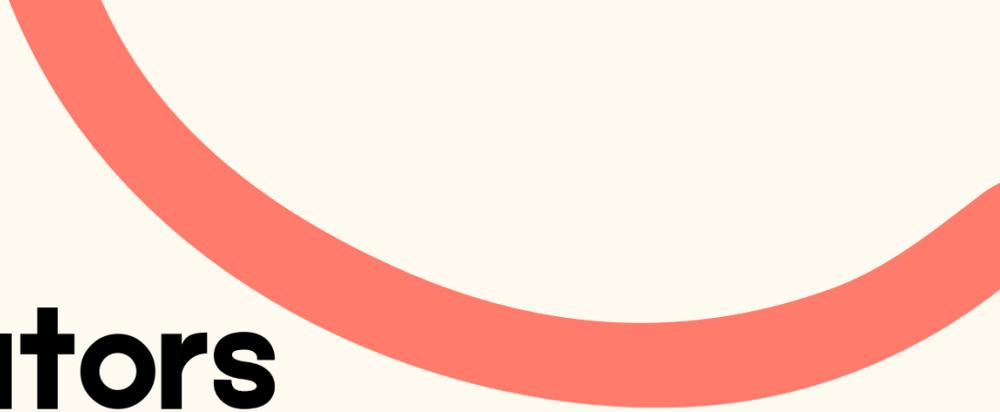
Benefits for Neurodivergent Students



- Allows individualized, child-led expression, while strengthening communication skills.
- Builds resilience and coping tools to use at school, within the community and at home.

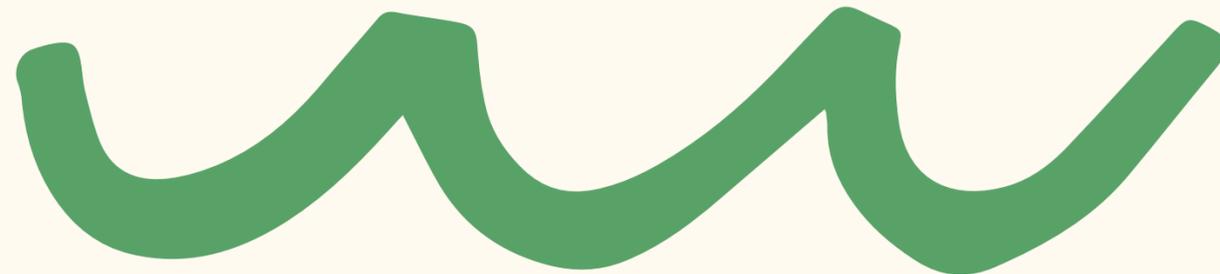


- Effective for neurodivergent students, such as those with autism, ADHD, sensory or behavioral disorders.
- School Based Play Therapy Supports sensory and emotional regulation.



Collaboration With Educators

- Teachers gain insight into student behavior
- SB-RPT's can support classroom strategies
- Strengthens overall school climate and mental-health awareness

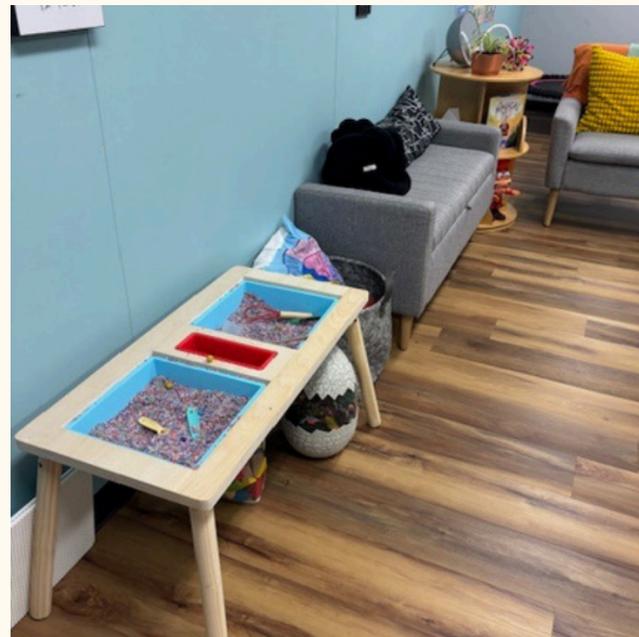


Types of School-Based Play Therapy



- Non-directive (child-centered) play therapy
- Directive play therapy
- Group play therapy
- Sand tray therapy
- Art-based and expressive therapy techniques

As a school counselor and School-Based Registered Play Therapist, this is how my office supports students...



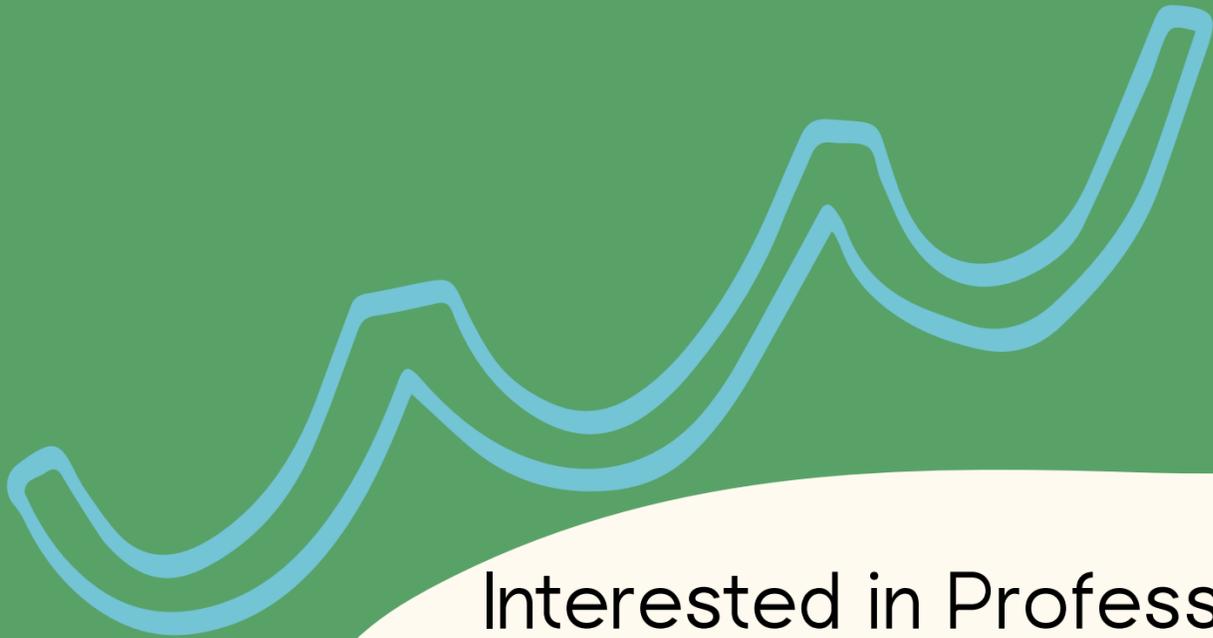
Let's Talk About Training to become a School Based Registered Play Therapist

- Graduate degree in a mental health discipline, with at least 2 years in a school setting at the time of application.
- 500 direct client-contact hours of supervised play therapy experience over a period of at least 2 years.
- 50 hours of play therapy supervision from an RPT-S while accruing their supervised clinical play therapy experience, of which no more than 25 hours can be in a group format.
- 150 hours of play therapy instruction by approved APT Providers (75 hours must be in person)
- Topics include play therapy history, theories, skills and methods, special topics, cultural and social diversity, and applicants' choice.



References

- Association for Play Therapy, <https://www.a4pt.org>
- Fazio-Griffith, L.J. and Ballard, M.B. (2014). Cognitive behavioral play therapy techniques in school-based group counseling. VistasOnline, <https://www.counseling.org>.



Interested in Professional development, training or speaking opportunities:

Contact @ 918-752-9250

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Press the following keys while on Present mode!

B
for blur

C
for confetti

D
for a drumroll

O
for bubbles

Q
for quiet

X
to close

Any number from 0-9 for a timer