



# HEALING THROUGH PLAY

Parsons Counseling is excited to offer our Children's Intensive Outpatient Program (IOP), which offers specialized mental health treatment for Elementary School children. Our program uniquely combines evidence-based practices with engaging therapeutic approaches, including play therapy, art therapy, and movement-based interventions.

## WHAT MAKES OUR PROGRAM UNIQUE

- Evidence-Based Therapeutic Approaches
- Play Therapy interventions
- Art and expressive therapies
- Somatic and movement-based healing
- Sandtray therapy
- EMDR-informed group work
- Theraplay® group activities
- Interactive storytelling and creative expression

## ENGAGING THERAPEUTIC SPACES

- Fully equipped kitchen
- Art therapy studio
- Movement and exercise area
- Game room with supervised activities
- Sandtray therapy station
- Safe space for emotional expression

## COMPREHENSIVE TREATMENT FOCUS

- Anxiety and depression
- School-related stress
- Social skills development
- Family relationships
- Emotional regulation
- Self-esteem building
- Trauma recovery
- Behavioral challenges

## SESSIONS RUN TWICE WEEKLY

for three hours, available:  
Monday/Wednesday OR Tuesday/Thursday  
8:00 AM - 11 AM OR 12:00 PM - 3:00 PM  
8-12-week program duration  
Elementary (Grades K-1)  
Elementary (Grades 2-3)  
Elementary (Grades 4-5)



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## PROGRAM COMPONENTS

- Structured Daily Format
- Grounding and emotional check-in
- Movement and body-based interventions
- Skill building through play and art
- Interactive psychoeducation
- Group therapy activities
- Theraplay closing activities

## PROGRAM BENEFITS

- Maintain school attendance
- Build peer relationships
- Develop coping skills
- Improve family dynamics
- Enhance emotional regulation
- Boost self-confidence
- Create lasting change

## FAMILY INTEGRATION

- Regular family updates
- Parent education resources
- Family therapy options
- Treatment progress reviews
- Home skill implementation support

## PROFESSIONAL TEAM

- Our experienced clinical team includes:
- Licensed Professional Clinical Counselors
- Registered Play Therapists
- EMDR Certified/Trained Therapists
- Gestalt/Oaklander Play Therapy
- Theraplay Trained Providers
- Animal-Assisted Therapy dogs

## GETTING STARTED

- Request Services through [www.parsonscounseling.com](http://www.parsonscounseling.com)
- Fill out the Request Services for IOP
- Complete an Intake and a Treatment Plan
- Come for 8-12 weeks for services for 3 hours 2 times a week

## INSURANCE AND ACCESSIBILITY

- Most major insurance plans accepted
- Medicaid typically approves
- No-cost initial assessment
- Cash pay option

Scan the QR Code to Request IOP Services



**PARSONS COUNSELING & PLAY THERAPY CENTER**  
[parsonscounseling.com](http://parsonscounseling.com) · 859-985-7862