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Wholesome Healing Therapeutic Group Information for Parents

Thank you for your interest in our play therapy groups. This form is designed to help you understand the purpose of group therapy for children, the potential benefits, and what behaviors you may notice as your child participates.

About Play Therapy Groups at Wholesome Healing

For children ages 4-10, we offer play therapy groups that utilize Behavior-Based Therapy interventions and Expressive Arts Therapy activities, all grounded in the Child-Centered Group Play Therapy (CCGPT) model. Our play therapy groups combine these evidence-based interventions to create a space where children who are experiencing problems with peer relationships, making friends, and general social skills can work on these difficulties.

Our small therapeutic groups allow children to experience social interactions with 2-4 group members, with the goal being to enable children to learn and practice new social and coping skills. Children will have the opportunity to learn and grow alongside peers, creating connections with others that can then generalize to more positive experiences in other social settings. The therapist facilitates the group in a way that supports emotional expression, healthy relationship-building, and self-regulation skills.

Group therapy is appropriate for children who struggle with peer or sibling relationships, as well as emotional and behavioral problems.

Benefits of Group Play Therapy for Children

While each child's journey is unique, parents often share that they notice:

- **Improved social skills** – learning to share, take turns, and collaborate.
- **Improved communication skills** – learning to communicate with others in healthy ways.
- **Increased self-confidence** – expressing themselves and feeling heard in a group.
- **Better emotional regulation** – practicing ways to manage big feelings with peers.
- **Enhanced problem-solving skills** – learning to work through challenges and conflicts.
- **Greater empathy** – recognizing and respecting the feelings of others.



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- **Reduced sense of isolation** – realizing they are not alone in their experiences.

These skills are developed through the therapist's ability to provide feedback, social coaching, and modeling in real time – allowing for the interruption and repatterning of maladaptive patterns of responding (i.e. aggression, interrupting, grabbing).

What Parents May Notice at Home

It is normal for children to show a variety of behaviors as they adjust to group therapy. You might see:

Positive Changes Over Time:

- Talking more about friends or group activities (feeling more connected to peers).
- Using new problem-solving or coping skills.
- Increased willingness to try new things.
- More confidence in expressing needs and feelings.

Possible Adjustment Behaviors (Short-Term):

Group therapy, although fun and engaging, is also work. As a result, you may notice some of the following as your child acclimates to this new experience:

- Increased emotional expression after sessions (excitement, sadness, frustration).
- More talk about group members or events in play (sometimes in exaggerated or imaginative ways).
- Temporary testing of new boundaries learned in group.
- Acting out or “big feelings” as they process group experiences.

Resistance can be a normal part of the growth process as children engage in therapy. With group therapy this can show up as:

- Saying they don't like parts of group (or even people in the group)
- Not wanting to come or feeling shy or anxious
- Reporting feelings of boredom or challenge

These behaviors and experiences can be a normal part of the learning process. The therapist will communicate with you about your child's progress and ways to support them at home.



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Your Role as a Parent

Your encouragement and support are essential. You can help by:

- Listening without judgment when your child shares about group.
 - Avoiding pressuring your child to tell you about every detail—let them share what feels comfortable.
 - Reinforcing skills learned in group (the therapist will share after each group what skills were learned).
 - Communicating any questions or concerns to the therapist.
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Confidentiality in Group Therapy

Children are encouraged to respect the privacy of other group members. While we cannot guarantee complete confidentiality among participants, we model and teach respect for each other's stories and experiences.

Group Therapy Process

Children enrolled in group therapy must have completed an intake at Wholesome Healing prior to starting group. Once an intake is completed, then the child can start in group sessions. Weekly group attendance is recommended for optimal results.

Weekly generalized feedback is given to parents via email after each group session.

After 4-5 group sessions, the group therapist will provide opportunities to parents for a parent consultation where individualized feedback on your child's progress can be provided to you.

Group Therapy Rates (Per Session)

Intake Session (if one not yet completed at practice): \$250

Group Sessions: \$175

Parent Consultation Sessions (60 minutes): \$220