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therapy is one of the most promising interventions for children struggling with divorce. This intervention has some distinct advantages, especially when used with younger children or children struggling to accurately understand and verbalize their own emotional state. In this post, we'll examine why play therapy is such an effective intervention, who can benefit, and how it can help. [Play Therapy Techniques for Divorce | TheraNest](#) Play therapy is a sensible, research-supported, and developmentally-based child counseling approach to helping children cope with and overcome the problems they experience in the process of living their lives. The younger a child is when they begin play therapy, the more malleable their brain structure will be. Younger children may also benefit from Play Therapy, and older adolescents may benefit from Dialectical Behavior Therapy, Group Therapy, or Psychodynamic Psychotherapy (American Academy of Child & Adolescent Psychiatry, 2017).

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