

Untold Story Counseling Services

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Understanding Virtual Play Therapy

Virtual Play Therapy

"Children often communicate through play before they have the words to explain what they are feeling. Play is one of the ways they tell their story."

What Is Virtual Play Therapy?

Virtual Play Therapy is Play Therapy provided through secure video sessions. It combines the principles of traditional play therapy with interactive online activities that help children express emotions, build coping skills, and strengthen problem-solving in a way that is engaging and developmentally appropriate. Children often communicate their thoughts and feelings through play rather than conversation alone. During Virtual Play therapy, your child may use games, drawing, storytelling, virtual activities, role-playing, whiteboards, and creative exercises to explore emotions and develop new skills. Although sessions take place online, Virtual Play Therapy is an active and interactive experience designed to meet children where they are developmentally.

What Can Virtual Play Therapy Help With?

Virtual Play Therapy may be helpful for children experiencing:

- Anxiety
- Depression
- Emotional regulation difficulties
- ADHD
- Behavioral concerns
- Low self-esteem
- Trauma and stressful life events
- Grief and loss
- Family changes such as divorce or relocation
- Social skills challenges
- School-related stress
- Difficulty expressing emotions

Your child's therapist will tailor activities to support their unique strengths, developmental level, and treatment goals.

How Does Virtual Play Therapy Work?

Children naturally learn through play.

Rather than relying only on conversation, Virtual Play Therapy uses engaging activities to help children:

- Identify and express emotions
- Practice coping skills
- Improve frustration tolerance
- Build confidence
- Develop problem-solving abilities
- Strengthen communication skills
- Process difficult experiences

Your child's therapist carefully selects activities that match their age, interests, and goals while creating a safe, supportive environment for learning and growth.

What Happens During Virtual Play Therapy?

Every session looks a little different because treatment is individualized.

Activities may include:

- Interactive games
- Virtual drawing and art
- Whiteboard activities
- Feelings identification exercises
- Role-playing
- Storytelling
- Coping skills practice
- Problem-solving challenges
- Social skills activities
- Guided relaxation or mindfulness exercises



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Sessions are designed to keep children actively engaged while working toward meaningful therapeutic goals.

What Is the Parent's Role?

Parents are an important part of the therapeutic process.

Depending on your child's age and treatment goals, your therapist may:

- Meet with the parent at the beginning or end of a session
- Offer strategies to reinforce learning at home
- Provide updates on skills being practiced
- Recommend activities between sessions

For younger children, a caregiver should remain nearby during telehealth sessions in case assistance is needed.

As children get older, therapists often encourage increasing independence while maintaining appropriate parent involvement.

What Might My Child Experience?

As therapy progresses, you may notice your child:

- ✓ Talking more openly about emotions
- ✓ Developing healthier problem-solving skills
- ✓ Using coping skills independently
- ✓ Strengthening communication
- ✓ Improving frustration tolerance
- ✓ Feeling more comfortable expressing needs
- ✓ Building confidence

Growth often occurs gradually as children practice new skills both during therapy and at home.

Common Misconceptions

"Online therapy is just talking over a computer."

No.

Virtual Play Therapy is highly interactive. Children actively participate in games, creative activities, drawing, role-playing, and skill-building exercises throughout the session.

"Children cannot build a relationship with an online therapist."

Research and clinical experience suggest that children can develop strong therapeutic relationships through telehealth. A warm, consistent, and engaging environment remains one of the most important factors in successful therapy.

"My child has to sit perfectly still for an hour."

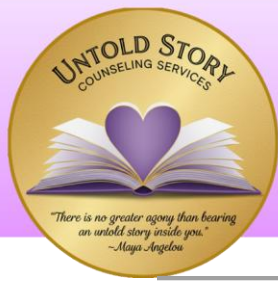
No.

Children are expected to move, explore, and engage in developmentally appropriate ways. Sessions are designed to accommodate attention spans and activity levels while maintaining therapeutic structure.

Is Virtual Play Therapy Right for Every Child?

Virtual Play Therapy can be highly effective for many children and adolescents. However, some concerns may be better addressed through in-person services depending on your child's needs, developmental level, or safety considerations.

Your therapist will discuss whether telehealth is the best fit and may recommend in-person services if they believe another setting would better support your child.



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How You Can Help Your Child Be Successful

Before each session:

- Choose a quiet, private space with minimal distractions.
- Use a computer or tablet whenever possible for the best experience.
- Test your internet connection and device beforehand.

- Have paper, crayons or markers, pencils, and small toys available if requested.
- Encourage your child to join the session with curiosity rather than pressure.

After each session:

- Ask open-ended questions, such as, "What was your favorite activity today?"
- Practice any skills your therapist recommends between sessions.
- Celebrate effort and progress rather than expecting immediate change.

The Goal of Virtual Play Therapy

The goal of Virtual Play Therapy is to provide children with a safe, engaging, and supportive space where they can express themselves, develop healthy coping skills, strengthen emotional regulation, and build confidence—all while participating from the comfort of home.

Through play, children learn to better understand themselves, navigate challenges, and develop the skills needed to thrive both now and in the future.

Questions?

If you have questions about Virtual Play Therapy or whether it is appropriate for your child, please bring them to your next session. Your therapist is happy to explain the process, answer your questions, and work with your family to determine the approach that best supports your child's growth and well-being.

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Helping you become the main character in your story, not the experiences that have shaped it.

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