

## Attachment-Based Therapy for Families with Infants 0-18 months

FirstPlay® Infant Play Therapy, developed by Dr. Janet A. Courtney, PhD, provides parents and children the opportunity to engage in fun and therapeutic bonding and attachment activities together.

As a part of FirstPlay®, families can learn to provide caring, attuned, respectful touch to their infant through infant massage, storytelling and other play-based activities. Families who are struggling with mental health or relationship concerns, as well as all parents who want to learn new ways to connect with their infant, can all benefit from FirstPlay® services.

Stephanie Williams, MSW, LCSW, RPT-S, has been providing play therapy services to children and families for the past 20 years. She has completed the training and supervision to become a Certified FirstPlay® Practitioner, and is now offering FirstPlay® services to families in a convenient online format.

Please contact Stephanie Williams to learn more about how your family can participate in FirstPlay® Infant Play Therapy!