

Autplay Therapy®



AutPlay® Therapy was created by Dr. Robert Jason Grant. It is an integrative family play therapy framework. AutPlay is neurodiversity paradigm informed and designed to help address the mental health needs of neurodivergent children ages 3-18 (including autistic children, those with ADHD, social anxiety, sensory differences, learning differences, and developmental and physical disabilities).

AutPlay integrates psychological/counseling theory, models of play therapy, and relationship development approaches together in a collaborative protocol to assist children and adolescents toward gains in addressing mental health struggles. Caregivers and children are considered co-change agents in the therapy process and work as partners with the therapist.

AutPlay protocol typically follows three phases of therapy - 1) Intake and Assessment Phase, 2) Structured Play Intervention Phase, and 3) Termination Phase. Additionally, protocol involves the AutPlay Follow Me Approach (FMA), a child led (non directive based philosophy to meet engagement, connection, and relationship development needs.

AutPlay Therapy is a neurodiversity informed and affirming collaborative process designed to value the individual child and highlight their strengths as well as guide areas of intervention, goals, and approaches for addressing the needs of the child and family.

The therapeutic powers of play (core change agents) are utilised to address a variety of possible needs including emotional regulation struggles, social navigation needs, engagement/connection growth, anxiety and fear reduction, sensory challenges, executive functioning struggles, depression and self-esteem issues, trauma issues, advocacy, stigmatization, identity appreciation, the social model of disability, autonomy, inclusion needs, and parent/child relationship struggles.

Children's Therapy Services, Michelle Schofield is the UK Autplay Trainer; training other professionals in the model



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