

Shawn Marie Rutland

Master's Clinical Rehabilitation and Counseling  
Bachelor's Business Administration, Human Resource Management  
Certified Rehabilitation Counselor (CRC)  
Registered Play Therapist (RPT)  
Australian Play Therapy Association (APTA)  
Australian Counseling Association (ACA)  
International Association for Play Therapy (IAPT)  
Current Working With Children Check

My name is Shawn Marie Rutland. I am a Counselor and Registered Play Therapist. I have a Master's degree in Clinical Rehabilitation and Counseling from Louisiana State University in New Orleans, Louisiana, USA. While in my previous career, I was not feeling satisfied and had a strong desire to enter a helping profession. This is why I chose to go back to school and study a master's in counseling. I discovered play therapy and immediately fell in love with the approach and techniques used to help children and families tackle different issues. I received specialized training under the Child-Centered Play Therapy (CCPT) Approach. Through my experience, I have had the opportunity to work with children and their families of varying ages and issues.

I feel that every child is uniquely different and each have something special to share. Since play is the child's language, I encourage them to lead and show me their world. I want to create a safe environment for the child that allows them to express their feelings, experiences, and discoveries of self. Through this discovery, change can occur in a positive way for the child, and their family.

Services Provided:

- Individual Play Therapy
- Group Play Therapy
- Sibling Play Therapy
- Child-Parent Relationship Therapy/Filial Therapy
- Support Groups