

Axline's Principles

1. The therapist develops a warm and friendly relationship with the child, in which a good rapport is established as soon as possible.
2. The therapist accepts the child exactly as the child is.
3. The therapist establishes a feeling of 'permissiveness' in the relationship so that the child feels free to express his or her feelings completely.
4. The therapist is alert to recognise and reflect back the child's feelings in a way that enables insight into the child's behavior.
5. The therapist does not attempt to direct the child's actions or conversation in any manner. The child leads the way. The therapist follows.
6. The therapist maintains a deep respect for the child's ability to solve their own problems if given the opportunity. The responsibility to make choices and to institute change is the child's.
7. The therapist does not hurry the process, but follows at the child's pace.
8. The therapist establishes only those limitations required to anchor the therapy in reality and to make the child aware of his responsibility in the relationship.

Axline, V. (1947). *Play Therapy: The Inner Dynamics of Childhood*. Hesperides Press (2013 Kindle Edition)