



# CHILD RELATIONAL THERAPY CLASS (CRT)

**CRT focuses on building relationships with your child through your playtime!**

**CRT focuses on building:**

**IMAGINATION & SHARED THINKING**

**FINDING COMMON GROUND**

**LANGUAGE TO REMAIN POSITIVE**

**STAMINA**

**AWARENESS & JOINT PLAY SKILLS**

**COMPLIANCE**

**BOUNDARIES**

**FLEXIBILITY**

**The CRT class is 10 weeks in length and includes 3 commitments:**

- **Each week** parents watch online, on their own time, a 30min-1hr video loaded on youtube to prep each family for the coming week's in-person meeting.
- **Each day** during the 10 weeks the parents and child commit to a 30 min play session in their own home with special instructions set up just for that time period.
- **Each week**, parents and their child will attend the in person class they signed up for. At the in person weekly class the format is:
  - Parents will attend the first 30 minutes in a group discussion about the skills being taught that week and opportunity to have questions answered.
  - Last 30 min each parent and their child participate in a facilitated play session with direct guidance from a trained staff

10 week session available at either the Denton (Thursdays 6-7pm or Saturdays 5-6pm) or the Frisco location (Saturdays 1-2pm or Sundays 3:30-4:30pm).

CRT 10 week session is offered twice a year: September-mid November and February through mid April.

To enroll send us an email at  
[info@unitedthroughhope.org](mailto:info@unitedthroughhope.org)

Opportunity to add an  
extra weekly session for  
even more experiences!