

Rose Snyder
Ed.M., Psy.D.



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Therapy services for
children and families



About Play Therapy

Play is the major vehicle for children's expression and growth, and it is often the way children communicate their emotions and feelings. Hence, this is the foundation for my work with children in therapy. Play therapy includes sandtray work, artwork, board games, and role-plays, amongst other tools and techniques.

During a play therapy session, I might help a child express her worries through imaginative play and art, or I might role-play a peer in order to help him practice interpersonal relating. My overall approach is to meet the child where he/she is at and to help him/her grow and develop healthfully from there.

Sometimes my work with children also includes teaching coping skills for managing feelings (e.g., self-soothing, relaxation techniques), as indicated.

Who Might Benefit from these Services

Some of the concerns that might be worked through in play therapy include: challenges with emotion regulation (i.e. "big feelings"), grief/loss, adjustments to new family configurations, adoption/foster care, trauma, illness of a primary caregiver, managing sensitive systems/spectrum-related symptoms, or other learning or behavioral challenges. I am happy to discuss your situation with you to see if this is a good fit.

Services Offered:

Play Therapy

This typically consists of weekly sessions and is the foundation of my work with children/families. A fuller description is given on the left side of this brochure.

Parent Counseling/Family Therapy

Working with parents/caregivers/families is also an essential part of my approach. These sessions vary depending on the child's age and family make-up. They include discussions of how the child's symptoms may be an expression of larger themes and concerns within the family, how to help the child heal, and how family members can support one another over time.

I am happy to meet with parents in conjunction with child therapy or on your own.

Typical parenting concerns include: effective forms of discipline, handling stress as a parent, and learning to accept a child's unique skills and struggles. I fully acknowledge and respect that a child's parent/primary caregiver is the most important influence in his/her life, and I strive to collaborate with you each step of the way in the therapeutic process.



About Me

I am a licensed clinical psychologist. I hold a Psy.D. in Clinical Psychology from the California Institute of Integral Studies and a Master's degree from Harvard University, Department of Human Development and Psychology/Graduate School of Education.



I have worked in a variety of settings with clients from preschool all the way through older adult. These settings have included: a residential treatment center; community mental health centers for children, adults, and families; outpatient clinics; and both urban and rural schools (preschool through high school). I apply my understanding of development in all of my work.

Contact Information

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