



Born & raised in Jonesboro, AR, Matthew Lloyd is a Licensed Professional Counselor who graduated from Jonesboro High School & earned his degree from Arkansas State University in the Mental Health Counseling Program.

He has been practicing in an outpatient setting and has worked with many people of various backgrounds and needs. As a Licensed Professional Counselor, he is devoted to helping individuals, couples, families, and groups to achieve and establish a SECURE FOUNDATION for optimal mental health.



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Counseling to heal your  
mind & relationships.

**Child Play Therapy**  
**&**  
**Parent-Child Interaction**  
**Therapy (PCIT)**

## What is Play Therapy?

The therapeutic powers of play can help children prevent or resolve social difficulties & achieve optimal growth & development, by honoring their unique developmental level & helps in the “language” of the child - Play.

Play is the child's language...



... toys are the child's words.

## How does Play Therapy Work?

Children may have exhausted their own problem solving tools, which leads to acting out at home and school.

Play therapy allows trained professionals, who specialize in play therapy, to assess & understand children's play.

Confronting problems in the clinical Play Therapy setting allows children to change the way they think about, feel toward, and resolve their concerns

Play Therapy has been utilized for behavioral problems & disorders such as:

- Anxiety
- Depression
- Attention Deficit Hyperactivity (ADHD)
- Anger Management
- Grief & Loss
- Divorce & Abandonment
- Crisis & Trauma
- Autism
- Social Development
- Academic & Learning Disabilities
- Physical Disabilities
- Conduct Disorders



## What is Parent-Child Interaction Therapy?

PCIT is an evidence-based behavior parent training treatment for young children with emotional & behavioral disorders that places emphasis on improving the quality of the parent-child relationship & changing parent-child interaction patterns.

Children & their caregivers are seen together in PCIT.

PCITs is done across two treatment phases.

1

Establishing warmth in the parent-child relationship by learning skills to help children feel calm & secure

2

Equip parents to manage the most challenging behaviors, while remaining confident, calm, & consistent in their discipline approach.



## How does PCIT Work?

Therapists typically coach from an observation room using a “bug-in-the-ear” system for communicating to the parents as they play with their child & develop specific therapy skills. The therapist & caregiver together decide which skills to focus on most until the next session.

We Accept Most Major Insurance.