

## **CASE STUDY**

# Website Copy for Bud to Bloom Play Therapy

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# Home

SEO Page Title	<b>Play Therapy in St. Louis, MO</b> - Bud to Bloom
SEO Page Description	Bud to Bloom provides expert, age-appropriate play therapy in St. Louis, MO for children aged 0-18 and their families.

## Play Therapy in St. Louis

### Play. Connect. Grow.

We help St. Louis families heal and thrive through play therapy and play-based therapy, engaging and effective approaches to supporting children's emotional wellbeing.

**VIEW SERVICES**

(optional jump link to section beginning "[Bud to Bloom Play Therapy offers a safe environment...](#)")

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Unfortunately, there's no manual for parenting - despite what the piles of books and "helpful advice" may imply.

It's easy for the stress to pile on quickly - *especially* when your child is experiencing big feelings, big behaviors, or big problems (maybe even all three). And somewhere in the middle of searching "early childhood trauma," "bonding with your adoptive child," or "helping children with emotional outbursts" for the 100th time, it starts feeling like there's no way out.

When Google isn't enough, we're here to help.

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## Bud to Bloom Play Therapy offers a safe environment and expert therapeutic care for families who want to foster connection, safety, and security.

We provide [play therapy in St. Louis, MO](#) for ages 0-18 *and* family therapy services - because grown-ups need support, too.

*Choose an option below to learn more about our play therapy services and how we can help your family!*

### **Play Therapy for Children**

For children with big behaviors and big feelings, and/or early childhood trauma

[LEARN MORE](#)

### **Therapy for Teenagers**

For tweens & teens who need support processing and managing their emotions

[LEARN MORE](#)

### **Family Therapy**

For parents who want to learn how to support their unique child, and enjoy parenting again

[LEARN MORE](#)

*If you're a professional hoping to learn more about incorporating play therapy into your practice - [right this way!](#)*

Proudly embracing all families - no matter how your garden grows.

*Blended Families   Foster Families   Adoptive Families   LGBTQIA+ Families   Neurodivergent Families*

Just like every bloom is unique, we recognize and celebrate the diversity of each family - providing personalized, compassionate care to help you grow and thrive.

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As Seen In

[VoyageSTL Logo](#)

[Show Me St. Louis Logo](#)

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We provide the support your  
child needs to *bloom*.

[team photo]

Our therapist team specializes in play, trauma, and child therapy techniques. We only work with clients aged 0-18 and their families, so you can feel confident in our ability to provide expert, age-appropriate support and ideas.

[Meet Our Team](#)

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## For Providers

Bud to Bloom is proud to be an Association of Play Therapy approved provider, offering regular workshops and education opportunities for aspiring play therapists and others looking to broaden their skill set to include play.

[photo]

[LEARN MORE](#)

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## We're from the Lou & we're proud.

We believe in the power of community to help us thrive, as individuals and as a whole. That's why Bud to Bloom Play Therapy can be found in the heart of St. Louis City, and regularly partners with local schools, nonprofits, and public libraries - we're committed to creating a supportive network for children and their families to thrive.

*[logos of partners]*

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## Come Play With Us!

[ photo ]

We offer several regular opportunities for open and community play in our office (and yes, with all our toys!) - browse our schedule to see upcoming events!

[COMMUNITY PLAY](#)

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## Ready to help your child blossom?

Whether your child is dealing with big feelings, trauma, or behavioral challenges, our specialized team is here to support you every step of the way. Schedule a consultation today and discover how we can create a brighter, more balanced future for your family.

[BOOK AN APPOINTMENT](#)

# About

SEO Page Title	<b>About Our Play Therapists in St. Louis</b>
SEO Page Description	Meet our team of expert play therapists in St. Louis.
URL Slug	/st-louis-play-therapists

Focus keyword: Play therapists in St. Louis

## Meet Our Team of Play Therapists in St. Louis

### Play. All. Day.

Through hands-on sessions with our highly trained and specialized [play therapists in St. Louis](#), we'll help your child feel more confident in how they express and carry themselves - and *you* feel more confident in connecting with and supporting your child.

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(Jasmine Headshot)

(Molly Headshot)

(Claire Headshot)

**Jasmine Berger**  
MSW, LCSW, RPT  
Founder of Bud to Bloom Play  
Therapy

**Molly Rush**  
MSW, LCSW  
Play Therapist in Training

**Claire Burkemper**  
MS, LMSW  
Play Therapist in Training

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## Jasmine Berger

*She/her*

*Founder of Bud to Bloom Play Therapy*

*LCSW, Registered Play Therapist, Foundational Theraplay Practitioner*

Hi! I'm Jasmine Berger, the founder of Bud to Bloom Play Therapy. I created Bud to Bloom in 2021 and ever since, I've been dedicated to helping children and families navigate challenges with compassion and expertise. My goal is to create a safe, nurturing space with a team of [play therapists in St. Louis](#), where kids can express themselves and heal through the power of play.

I specialize in working with children facing trauma, attachment issues, and behavioral concerns, providing tailored support to help them thrive. I'm committed to making play therapy more accessible to all families, and love using play to foster connection and trust between parents and children.

### [WORK WITH ME](#)

## Molly Rush

*She/her*

*Play-Based Therapist for Children & Teens*

*LCSW*

Hi! I'm Molly. I believe that therapy can help children and their families to become the best version of themselves. With a Master's in Social Work and extensive experience in child and family services, I specialize in creating safe, supportive spaces for children to express themselves and heal.

At Bud to Bloom, I work with kids facing trauma, attachment issues, and behavioral challenges, including neurodivergent and LGBTQIA+ children who may feel isolated in their school environment or need a place to process and express their feelings. I also support children who want to understand their LGBTQIA+ identity, navigate challenges related to their identities, and manage anxiety, depression, or other mental health issues. I'm dedicated to empowering all families in St. Louis with the tools and support they need for a healthier, happier future.



## WORK WITH ME

### Claire Burkemper

*She/her*

*Play-Based Therapist*

*LMSW*

Hey there! I'm Claire, and I believe the power of play can help children to gain communication and regulation skills, along with emotional resilience - helping them truly change the world. I specialize in supporting children through big life transitions like adoption and separation, and elementary school-aged children who are struggling with regulation, big feelings, trauma, self-esteem, and/or worry and anxiety.

I focus on creating a nurturing and supportive environment where children can express themselves and heal. My approach integrates family dynamics to ensure that both children and their caregivers receive the support they need. I truly love helping families navigate emotional and behavioral challenges, fostering stronger connections and healthier, happier lives for the *whole family*.

## WORK WITH ME

### Hannah Frazee

*She/her*

*Intake Coordinator & Administrative Assistant*

Hi! I'm Hannah, Intake Coordinator and Administrative Assistant at Bud to Bloom. I'm here to ensure that the process of starting and continuing with our play therapists in St. Louis is as smooth as possible for you, and can't wait to meet your family!

## Our Mission

Our **play therapists in St. Louis** empower families to connect and heal through the power of play - because we believe every child can bloom.

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What's IN at Bud to Bloom	What's OUT at Bud to Bloom
<p><b>Nurturing Individual Strengths</b> We focus on the unique strengths and potential of each child, encouraging them to thrive beyond their challenges.</p> <p><b>Inclusive Support</b> Our practice embraces diversity, providing a welcoming environment for all families, including adoptive, foster, blended, and LGBTQIA+ families.</p> <p><b>Family Involvement</b> We believe in the power of family and ensure caregivers are actively involved in the therapeutic process for holistic healing.</p> <p><b>Connective Parenting</b> We're here to help you understand and address the root causes of your child's behavior, allowing for deeper connection and healing.</p>	<p><b>Labeling and Limiting</b> We reject the notion of reducing children to their diagnoses, believing in their ability to grow and bloom beyond any label.</p> <p><b>One-Size-Fits-All Approaches</b> Every child is unique, so we tailor our therapy to meet the specific needs of each individual and family.</p> <p><b>Generalizing</b> Play therapy isn't something we're dabbling in - it's <i>all</i> we do, ensuring expert and focused care for young clients.</p> <p><b>Punitive Techniques</b> We avoid punitive methods that increase punishment and can harm a child's self-concept, focusing instead on supportive and nurturing techniques.</p>

# Let's Bloom Together

Choose an option below to learn more about how our *play therapists in St. Louis* can help your child and family blossom!

## Play Therapy for Children

For children with big behaviors and big feelings, and/or early childhood trauma

**LEARN MORE**

(link to play therapy page)

## Therapy for Teenagers

For tweens & teens who need support processing and managing their emotions

**LEARN MORE**

(link to teens page)

## Family Therapy

For parents who want to learn how to support their unique child, and enjoy parenting again

**LEARN MORE**

(link to family therapy page)

# Pediatric Therapy

Focus Keyword: Pediatric Therapy

Page Title	Pediatric Therapy in St. Louis - Play Based Therapy
Page Description	We provide pediatric therapy in St. Louis through a play-based approach that helps your whole family.
URL Slug	/pediatric-therapy

## Pediatric Therapy in St. Louis

No parent wants to hear that there's something wrong with their child - which is why we would *never* say that.

At Bud to Bloom Play Therapy, we believe that big behaviors are a child's way of telling us what they really need - especially when they don't have a way to tell us in words. Your child isn't "broken," and neither are you. But hard times are, well, hard - and we're here to support your family through it.

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## The Power of Play

[IMAGE]

Play provides an avenue for children to communicate with us **in their own language** - which makes it a powerful processing tool for *pretty much anything* they're going through.

Through play, children can communicate experiences and emotions that might be difficult to describe with words, leading to healing and emotional growth.

Play therapy also gives your family strategies and insights to support your child at home, and a healthier family life.

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## Play Therapy Can Help With...

Moving Through Big Feelings & Behaviors

Processing Childhood Trauma

Navigating Foster & Adoptive Family Dynamics

Navigating Life Transitions

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### Therapy Fees

In order to ensure the most focused care for our families through a smaller caseload for each provider, we are not in-network commercial insurance plans.

We accept credit cards, debit cards, HSA/FSA, and Home State Health Medicaid. Many of our families have success with applying for out-of-network reimbursement for our services! Learn more [here](#).

For information about Good Faith Estimates, [click here](#).

### Intake Session | 60 minutes

Our first session includes you as the parent or caregiver and your child. We'll spend 60 minutes together talking through your child's and family's struggles, and begin developing a plan that supports your whole family.

\$175

### Continuing Care | 45 minutes

Follow-up sessions focus on working directly with your child, you, or your whole family to address specific needs and challenges. We also provide

pediatric therapy strategies for parents or caregivers to support ongoing progress at home, ensuring a holistic approach to your child's development and emotional well-being.

\$150

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## Counseling for Kids in St. Louis

### Everyone belongs. Everyone can bloom.

Families formed through adoption or foster care often face unique challenges, and at Bud to Bloom, we provide specialized support to help these families thrive. Our pediatric play therapy services are designed to address issues such as attachment, identity, and trauma, creating a safe space for children and teens to express themselves and heal.

We want to help you feel confident in supporting your child without the fear that you're contributing to their distress.

#### FOR CHILDREN

Pediatric therapy can help your child:

- Build trust in new relationships
- Navigate their racial identity in the context of their foster/adoptive family
- Express their emotions in safe and healthy ways

#### FOR PARENTS

We also provide support for you as a parent or caregiver, so you can:

- Overcome the overwhelming, conflicting information you may get about supporting your child
- Use tangible skills to create a smoother transition for you and your child
- Let go of the pressure to make every interaction with your child "perfect"

*Often, our foster and adoptive families are concerned that the idea of therapy may make their child feel punished, rejected, or left out - and it can make asking for help nearly impossible. We want to assure you that pediatric therapy instead creates opportunities for deeper connection, a playful bonding experience, and belonging for all.*

Our compassionate approach ensures that every child and family member feels valued and supported on their journey to emotional well-being.

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## Book an Appointment

To get started with pediatric play therapy and counseling for kids in St. Louis, reach out below and our Intake Coordinator will guide you along the process!

[\*\*BOOK AN APPOINTMENT\*\*](#)

# Contact

Page Title	Schedule Play-Based Therapy in St. Louis
Page Description	Contact us to schedule play-based therapy in St. Louis.
URL Slug	/contact

## Schedule an Appointment for Play-Based Therapy

We're so happy you're here. Our team is dedicated to providing a warm and supportive environment where your child can grow, heal, and thrive through play-based therapy in St. Louis. Let's embark on this journey *together*.

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314.314.9961

info@budtobloomplaytherapy.com

913 S 13th St  
St. Louis, MO 63103

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To schedule an appointment for play-based therapy, complete the form below, email us, or give us a call!

Name\*

Phone\*

Email Address\*

Preferred Contact Method\*

Text



- Phone Call
- Email

Can we leave you a voicemail?\*

- Yes
- No

What services are you interested in?

- Child/Teen Therapy
- Family Therapy
- Therapeutic Assessments

How old is your child?

- Infant/Toddler (0-2 years old)
- Preschooler (3-5 years old)
- Child (5-10 years old)
- Tween (11-13 years old)
- Teen (14-18 years old)

Preferred Therapist (if you have one!)

- Claire
- Jasmine
- Molly
- Blooming Therapist (student therapist in training; \$50/session)
- No preference/help me pick

Preferred Payment Method:

- Private Pay (HSA/FSA eligible)
- Home State Health Insurance
- MO Healthnet Insurance

What can we help you with?

[free text]

How did you hear about Bud to Bloom?

[free text]

May we thank whoever sent you our way? (Without sharing identifying information, of course!)

- Yes
- No

Check below to confirm you've read about our services and pricing!

- Yes, I've read it all!
- 

Confidentiality Notice:

Email is neither a private nor confidential form of communication. Email is retained in the logs of email service providers and may be stored on computers that send and receive the email. As with other unsecured electronic communication, email is vulnerable to third-party interference and potentially could be accessed by unauthorized persons without your permission.

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## What High School Did You Go To?

Just kidding, we love 'em all - Bud to Bloom Play Therapy is proud to provide play-based therapy to St. Louis City and St. Louis County, including Ballwin, Brentwood, Clayton, Chesterfield, Creve Coeur, Florissant, Maryland Heights, Kirkwood, Ladue, Maplewood, Richmond Heights, South County, and beyond.

## Frequently Asked Questions

What is play therapy?	Play therapy and play-based therapy are a way of helping children process and heal through, you guessed it, playing. Rather than talk
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	<p>therapy, which requires that kids be able to say how they feel and describe their experience (which is hard for even grown-ups!), we get hands-on in sessions so children can show us their story through pretend play, games, stories, and more. Play therapy is an evidence-based option that supports your child <i>and</i> your whole family in healing.</p>
<p>Do you accept insurance?</p>	<p>In order to ensure the most focused care for our families through a smaller caseload for each provider, we are not in-network commercial insurance plans.</p> <p>We accept credit cards, debit cards, HSA/FSA, and Home State Health Medicaid. Many of our families have success with applying for out-of-network reimbursement for our services! Learn more <a href="#">here</a>.</p> <p>For information about Good Faith Estimates, <a href="#">click here</a>.</p>
<p>I'm nervous my child won't like therapy, or be resistant to trying it. Should we still come in?</p>	<p>Yes! Unlike a more "traditional" talk-based model, play therapy is more engaging for children and takes the pressure off of them to answer questions or make verbal connections. Many of our kiddos aren't sure about therapy in the beginning, and begin to look forward to seeing their therapist over time as they get comfortable!</p>

# Error / 404

## Hey, we all make mistakes sometimes.

Looks like we can't load this page! You can reach out for help, or search for what you're looking for below!

[search bar]