

Name: Dr. Sapna Tiwari

Email Address: drsapnatiwaript@gmail.com

Contact Number : 8208837611

Professional Title/Occupation: Certified Therapeutic Play Practitioner for the Differently Abled

Organisation:

Address of Organisation/Practice: Pune

Professional Qualifications: Masters in Pediatric (Neurology) Physiotherapy

Courses undertaken in Play Therapy:

Certified Therapeutic Play Practitioner for the Differently Abled

Details of any other relevant qualifications/courses taken in the field:

Currently undergoing supervision in current practice: No

Ages catered for: I work with children

Services offered:

Play Therapy, Individual and Group sessions in Physiotherapy

Personal Profile:

I am a Pediatric Physiotherapist working primarily with children with Autism, ADHD, and developmental delays. My approach integrates Play Therapy principles to create a safe, engaging, and child-centered environment. Through play, I build trust, encourage emotional expression, and support self-regulation alongside motor and sensory goals.

Incorporating therapeutic play allows me to address not just physical needs, but also the emotional and behavioral aspects that impact a child's development. Whether it's pretend play to improve body awareness or sensory play to enhance regulation, I use play as both a tool and a bridge to deeper connection and progress.

Collaboration with families and therapists is key to my practice. I continuously seek to grow my skills in Play Therapy, recognizing its value in holistic, effective care for children.