

Play Therapy

What, Why and How?

What is Play Therapy?

Play Therapy is a type of counselling that helps children navigate their feelings, thoughts and life experiences using their innate language - PLAY!

Whilst adults make sense of their life experiences and their thoughts and feelings through 'talk therapy', children are primed to do this through play.

Registered Child Play Therapists use the 'therapeutic powers of play' to work with children one-on-one, with families and in groups to support positive mental health, wellbeing and overall development.

How does Play Therapy work?

Play Therapists create a special environment that is safe, supportive and accepting, allowing the child the freedom to express themselves however they choose. Children then can feel comfortable to play out their life experiences and explore their internal worlds (their thoughts and feelings), either literally or metaphorically.

Play Therapists use the positive relationship they establish with the child, along with the 'therapeutic powers of play', to bring about understanding, healing, growth and change.

The 'therapeutic powers of play' are the elements of play that facilitate communication, foster emotional wellness, enhance social relationships and increase personal strengths.

Why choose Play Therapy?

Play Therapy is an effective, evidence-based and developmentally-sensitive type of therapy for children. Play Therapy supports healthy brain development and supports children to and families to thrive.

Play Therapists are counsellors who specialise in working with children. Play Therapists work systemically. This means that they work closely with the child's family system and support system as-a-whole.

We know that the the child's parents/caregivers, educators/teachers and other supports need to be included in the therapeutic journey for therapeutic change to take place and to 'stick'. Play Therapists are also neurodiverse affirming and know that each child requires a unique approach for therapeutic success.

**At Playroom Therapy
we help children to
heal, grow and learn the
best way they know
how - through play!**

**playroom
therapy.**

CHILD & FAMILY PSYCHOTHERAPY

Who can Play Therapy help?

- Children experiencing a wide variety of social, emotional or behavioural challenges.
- Children with lots of worries, anxiety or sadness.
- Children struggling with friendships or experiencing bullying.
- Children with sleeping, eating or toileting difficulties.
- Child experiencing and making sense of family changes, such as loss, separation or adoption.
- Children struggling to manage big emotions in a safe way.
- Children who have experienced something difficult, scary or traumatic.
- Children wanting to strengthen relationships with peers, siblings and parents/caregivers.

Services we offer

- **Child Play Therapy**
- **Family Therapy**
- **Parent Support**
- **Consultancy**
- **Training**

**WE WOULD LOVE
TO HELP YOU &
YOUR FAMILY**

**Let's
Connect!**



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