

PLAY THERAPY FOR CHILDREN

Play, art, storytelling, music, movement, sandplay

Play is critical for children's development and is their natural way of expressing themselves. Play therapy offers children an opportunity to 'play out' their feelings, thoughts and experiences, using toys rather than words. It is best suited to children aged 3 to 12 years. It helps children to engage in therapy and is a developmentally appropriate and evidence-based form of counselling.

THERAPEUTIC TOOLS USED IN PLAY THERAPY INCLUDE:

- Puppets
- Music and movement
- Clay and art making
- Sandplay using miniature objects
- Creative visualisation (imagine a calm place in your mind)
- Storytelling.

MORE INFORMATION:

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PLAY THERAPY HELPS CHILDREN:

- Communicate with others
- Express their feelings
- Adapt their behaviours
- Develop problem solving skills
- Improve their self-confidence
- Learn new ways of relating to others.

SPECIFIC ISSUES TREATED IN PLAY THERAPY INCLUDE:

- Emotional and behavioural problems
- Difficulties performing academically, physically and socially
- Communication problems
- Being bullied or bullying
- Social exclusion
- Reduced self-confidence and esteem
- Anxiety and depression
- Divorce/separation
- Grief/loss and trauma.

SERVICES OFFERED:

- Play therapy
- Filial therapy coaching (parent-child play therapy)
- Theraplay (parent-child attachment therapy)
- Sandplay therapy (using small miniature figurines in a sandtray, as seen in picture above).

**IF YOU ARE
INTERESTED**

For a referral speak to your Therapeutic Caseworker or Therapeutic Specialist. Sessions are free. Sessions are held at CatholicCare 32 Central Coast Highway, West Gosford on Tuesdays between 9.00am – 5.00pm.