

PLAY THERAPY

NOW at

Zest & Infusion

WHAT IS PLAY THERAPY?



Play Therapy is an evidence-based structured, theoretically based therapeutic approach primarily used to help children ages 2 to 12 to freely express what is troubling them through play.

In play therapy, toys are like the child's words and play is their language. Play therapy provides the opportunity for children to develop insight and resolution about inner conflicts or dysfunctional thinking, along with learning more adaptive behaviours when there are emotional or skill deficits.

HOW DOES IT WORK?

Sessions take between 30- 50 minutes on a weekly basis, with regular parent/ carer consultations also conducted to work in collaboration with all family involved.

WHAT ARE THE COSTS?

\$120 (plus GST) for all parent consultations and play therapy sessions.

DO I NEED A REFERRAL?

No, you can self-refer. Unfortunately, counsellors have not been included in the current Medicare rebate scheme.

Benefits

Research supports the effectiveness of play therapy with children experiencing a wide variety of social, emotional, behavioural and learning problems including:

- Divorce
- Trauma
- ADHD
- ASD
- Death/ grief and loss
- Chronic illness
- Physical and sexual abuse
- Domestic violence
- Natural disasters
- Social issues/ relationship issues



KYLIE ELLISON

PLAY THERAPIST & DIRECTOR
CENTRE FOR PLAY THERAPY

Registered counsellor and founder of the Centre for Play Therapy, Kylie has been working with children, young people and families in the human services and child protection field for the past 13 years. Kylie is honoured to have the opportunity to support children in this way of working, to assist children to work through difficult feelings and experiences in their lives in a way that feels most natural to them, play. Along with being a registered counsellor with the Psychotherapy and Counselling Federation of Australia (PACFA), Kylie is the founder and President of the Play Therapy Practitioners Association.



KERRI-ANNE LYNN

PLAY THERAPIST

Holding a Bachelor of Psychological Science (Hons) and a Masters in Counselling and Psychotherapy, Kerri-Anne worked for several years in the human resources and recruitment industries. Kerri-Anne began working with children and young people in out of home care in 2017 in a high school setting. Here she provided in and out of classroom support to help students manage their behavior and successfully integrate and participate both socially and academically. This experience introduced her to working with young people who had experienced trauma and sparked a desire to be able to work more effectively within this field. This led to her introduction and special interest in play therapy.

CONTACT US

KYLIE@C4PT.COM.AU
M 0421 441 754



Centre for Play Therapy was established in February 2016 by founder and CEO Kylie Ellison. Kylie completed child centred play therapy training through Play Therapy Australia, and identified a need for local services specialising in child centred play therapy. Since that time, Centre for Play Therapy has grown, establishing offices on the Sunshine Coast, North Brisbane, Ipswich, Central Queensland and Bayside.