

"processing thoughts & feelings through play"

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**WE HAVE OVER 20
YEARS' EXPERIENCE
WORKING WITH
CHILDREN**

Play therapy is a form of child psychotherapy used by a trained professional. Traditional talking therapy, is problematic for children due to their developing brains. Play Therapy meets the child at their level of communication, instead of asking them to use adult communication that is still unfamiliar. Abundant research supports its effectiveness to treat a whole host of child emotional and behavioural issues.

HOW PLAY THERAPY CAN HELP ...



At Newcastle Play Therapy we work with children and families using play as therapy. As a child's brain and language capacity are still developing, conventional talking therapy is difficult for children to participate in. They simply don't have the language to express how they are feeling. Play allows them to release their feelings and thoughts in a safe and secure way that they are accustomed to.

In Play Therapy children explore how:

- to respect themselves
- to express their feelings responsibly
- to make choices and be responsible for their own choices
- to be creative and responsible in facing problems
- to assume responsibility for themselves
- to manage self-control and self-direction
- that their feelings are acceptable
- to accept themselves



Our specialty designed Play Therapy Room allows a child to play out their feelings. Research has shown that providing children with creative, emotional release and nurturing toys promotes self-awareness. Our Child-Centred approach trusts the child's ability to lead and use play to resolve their issues and develop healthy coping strategies. This form of therapy has proven to be particularly effective with younger children while their brains are still developing and don't have the verbal capacity to communicate their feelings and thoughts.

We also employ Creative and Directive methods such as BiblioTherapy, Art Therapy & Sandtray Therapy with older children to assist them in processing their feelings, behaviours and concerns.