

With
Play Therapy Dora

Play Therapy

Nurturing growth
through therapeutic play
and connection.



How Can Play Therapy Support Your Child?

Play is a child's natural language for learning, communicating, and expressing their thoughts and feelings. While adults may benefit from talking through difficulties, children's developing cognitive and verbal skills can make traditional talk-based approaches challenging. Child-Centred Play Therapy (CCPT) recognises the healing power of play, allowing children to symbolically and creatively explore their real-life and inner experiences. As an evidence-based therapeutic intervention, Play Therapy provides a safe, nurturing environment where children engage in unstructured play with selected toys and materials, supported by a Play Therapist. Through this process, children can build insight, develop emotional regulation, practise and master new skills, and learn healthier emotional responses through this powerful yet gentle approach.

Decades of research shows that Play Therapy can support children's emotional resilience, self-expression, relationships, and coping skills. Studies found positive outcomes across a range of ages and challenges, with stronger results when caregivers are involved.

Sources: • Bratton, S. C., Ray, D., Rhine, T., & Jones, L. (2005). The efficacy of play therapy with children: A meta-analytic review of treatment outcomes. *Professional Psychology: Research and Practice*, 36(4), 376-390. (healthevidence.org). Association for Play Therapy. Research Resources: Evidence supporting play therapy outcomes and evidence-based approaches. (a4pt.org). Australian Play Therapists Association. Research: Evidence-informed practice and research supporting play therapy. (APPTA)

How It Works

Play Therapy prioritises each child's unique needs, interests, and experiences through a child-led approach that allows them to express themselves, make choices, and take an active role in their therapeutic journey. Through play, children communicate their inner thoughts, feelings, and experiences, providing therapists with valuable insight to better understand and support their individual world. Support is collaborative, with opportunities to work alongside other professionals involved in the child's care to provide a holistic approach. Research shows that Play Therapy is most effective for children aged 3-12 years.

Play Therapy may be funded through:

- Private payment
- Self-managed NDIS
- Plan-managed NDIS
- Department of Child Protection
- Schools (where applicable)

Session confidentiality is guided by the child's funding source and service agreement. Recommendations can be made through Doctors, Pediatricians, Psychologists, Support Coordinators, DCP Caseworkers, Foster Carers, Allied Health professionals, parents and schools. No referral needed to access Play Therapy services.

Meet Your Therapist

I'm Dora, a registered Child-Centred Play Therapist, with a Psychology background. My approach is trauma-informed, neuro-affirming, and centred on creating safe, trusting relationships where children feel seen, understood, and supported. For over 12 years, I have had the privilege of working alongside children, families, and school communities, including inclusive education settings and special education units. My experience includes wellbeing and learning support, social skills groups, playgroups, and positive behaviour support, always with a focus on helping children build confidence, connection, emotional wellbeing, and a sense of belonging.

What To Expect...

Intake (1.5hrs) \$290.98: An online or in person meeting without the child present, to understand your child's strengths, challenges, and goals, and to discuss how Play Therapy can best support them and your family.

Sessions (45mins session + documentation) \$193.99: The Play Therapist will meet with the child/ren without the carer in the playroom once a week at the same time and place. Sessions may be provided individually or with siblings, depending on the child's goals and therapeutic needs. Appointments are available at your child's school (where available) or in a private clinic setting. The length of the Play Therapy process varies in every case but most children will complete an average of 20 - 30 sessions.

Updates (45mins + documentation) \$193.99: Every five sessions we meet without the child present, via phone, online or in person, to discuss your child's progress, share observations, and provide practical strategies to support them across environments.

Ending Therapy: When a child is ready to finish therapy, we plan a gradual ending over two or more sessions to support a positive and healthy goodbye, and a final review session is offered. If new challenges arise in the future, children are always welcome to return for further support.

Reports: Upon request, reports can be issued outlining sessions summary, observations, progress, and recommendations which may support in accessing funding or other forms of support.

Who Does It Help?

Examples of diagnoses that Play Therapy has proven to support:

ADHD & AuDHD
Global Development Delay
Cerebral Palsy
Down Syndrome
PTSD

Including:

Changes in circumstance, family, living, routine
Low self-esteem and self-confidence
Social skills
Non-speaking
School refusal or disengagement
Meltdowns and shutdowns
Trauma or adverse experiences
Separation and attachment
Adoption and fostering
Divorce and separation
Anxiety and depression
Grief and loss
Angry and aggressive behaviours
Chronic illness
Sexual or physical abuse
Gender variance
PDA/ADAP Profile
...and many other emotional, behavioural, and developmental challenges.

What Are Some Of The Benefits?

Emotional expression: Provides a safe and accepting space where children can express feelings they may not yet have words for, helping them process emotions and difficult experiences.

Self-awareness and insight: Helps children better understand their thoughts, feelings, and behaviours while enabling them to navigate challenges, resolve conflicts, and develop healthier coping strategies.

Emotional regulation: Supports children to develop healthy coping strategies, regulate their emotions, and respond more calmly to life's challenges. This can also lead to a reduction in the frequency and intensity of "big behaviours".

Problem-solving and decision-making: Encourages creativity, flexible thinking, decision-making, and social problem-solving skills through play, fostering their cognitive and social development.

Self-esteem and empowerment: Builds resilience, self-worth, confidence, and a stronger sense of self through a trusting therapeutic relationship.

Healthy relationships: Supports children to develop trust, strengthen family and peer relationships, and build positive connections with others.

First Steps...

Contact Dora at ptwithdora@gmail.com or on 0402 260 533 for further information or to book in an intake meeting. A free 15 min chat service is offered to those who would like more information.

Get In Touch...

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