

Kids



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COUNSELLING & PLAY THERAPY

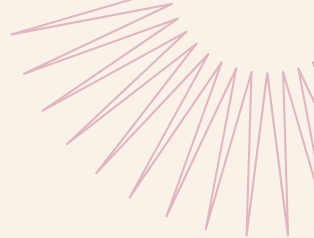


INFORMATION HANDBOOK FOR
FAMILIES

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MEET OUR TEAM



Royanna Johns

Kids Counselling & Play Therapy
Founder, Play Therapist & Counsellor



Jolene Nipperess

Play Therapist & Art Therapist



Maddie Schofield

Play Therapist & Social Worker

ABOUT US



**Hi! My name is Royanna
(also known as Yanna) and I am the founder of
Kids Counselling & Play Therapy.**

There is so much I want to tell you about us and what we do here but the aim of this short booklet is to simplify that information for you and hopefully help answer some of the questions you may have. We are a small team of play therapists who are very passionate about working with children. Maybe one day soon we will even have the pleasure of supporting your child. Please read through this booklet, perhaps look through our website and social media too and if we seem like the right fit for your family, please let us know how we can help.

OUR PROCESS

Contact Us

01

The first step is to contact us and give us information about your child and why you are seeking play therapy for them. If we have availability, we will book you in for an initial parent/carer intake. If we don't currently have any availability, we will place your child on our waitlist and contact you once a spot becomes available for them.

Parent/Carer Intake Appointment

02

Your child's therapist will arrange a time with you to have an initial intake appointment. At this appointment, you will discuss your concerns with your child's therapist and set therapeutic goals for their play therapy journey.

Play Therapy Commences

03

Once your initial intake appointment has been completed with your child's therapist, weekly play therapy commences. Play therapy sessions are for your child and their therapist only.

Parent Consultations

04

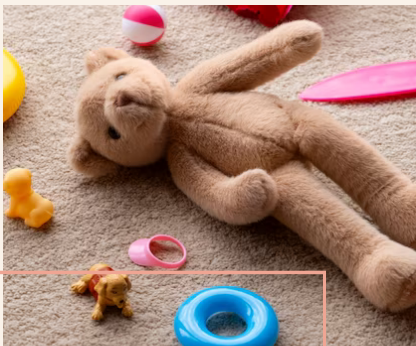
Your child's therapist will meet back up with you after your child has completed 5-6 play therapy sessions to discuss progress, challenges and offer you support, skills and resources to aid your child's therapeutic journey. This cycle of your child engaging in 5-6 play therapy sessions and then you meeting back up with the play therapist will continue until their therapeutic journey is complete.

PLAY THERAPY

So What is Play Therapy?

Play Therapy is a model of counselling specifically for young children who may struggle with the directive approach often used within standard talk therapy. Child-centred therapy allows a child to process and work through their struggles or feelings at a pace that the child is comfortable with, by letting the child lead in each of their sessions.

Play Therapy is based upon the fact that play is the child's natural medium of self-expression. It is an opportunity which is given to the child to 'play out' their feelings and problems just as, in certain types of adult therapy, an individual 'talks out' their difficulties.



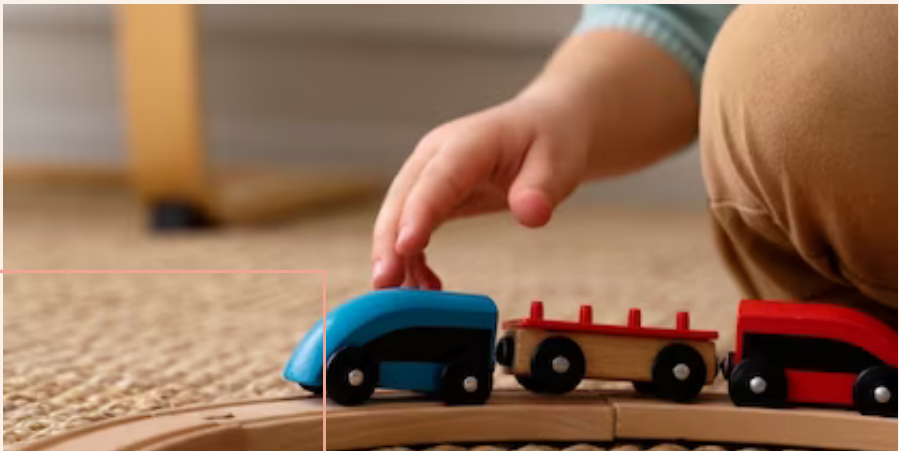
Who would benefit from Play Therapy?

- Children who have experienced trauma or are living in complex circumstances. Play therapy can be a particularly powerful intervention for children who have experienced trauma because it allows them to address their trauma at their own pace and from the psychological safety of processing it through the symbolism in play rather than confronting it in direct verbal language.
- Children who may be struggling with their capacity to self-regulate, communication difficulties or behavioural concerns
- Children who may not be able to engage in other therapies for various reasons

PLAY THERAPY

Who would benefit from Play Therapy? Cont'd

- Children who are living with disabilities- including, but not limited to: Autism Spectrum Disorder, Attention- Deficit/ Hyperactivity Disorder, Cerebral Palsy
- Children who may be living with a family member suffering from a mental or physical illness
- Children who are pre-verbal or nonverbal, struggling with language and communication barriers to express their emotions, thoughts and feelings; and/or experience selective mutism
- Children who may feel overwhelmed or anxious on a regular basis
- Children who are experiencing developmental delay
- Children who are experiencing bullying and friendship issues
- Children who have witnessed or experienced domestic and family violence
 - Children who live with a parent or family member who struggles with addiction
- Children who are experiencing grief and loss (including parent separation)



PLAY THERAPY



What skills could my child learn while in Play Therapy?

- Children will be given opportunities to develop a strong sense of independence and autonomy, which will result in beginning to accept responsibility for actions and their own behaviours
- Children will be assisted in the development of healthier adaptive behaviours and coping strategies when they are struggling to regulate their emotions
- Children will be assisted in the development of prosocial skills in which you may see improvement in their interactions with others.
- Children will begin to process experiences they may have had or are having and depending on their development, may be able to articulate how it makes them feel.
- Children will be assisted in the development of a strong sense of self and a greater awareness of how their body feels and behaves when they are experiencing different emotions
- Children will develop their emotional vocabulary and depending on their development, will likely better communicate their emotions with others
- Children will be assisted in understanding the need or importance for limits and boundaries and respond to these in a more accepting way
- Through guidance and co-regulating with child, children will be given opportunities to develop executive functioning skills when big feelings arise. Over time, this may result in child being able to self-regulate during stressful moments.
- Children will likely experience an increase in self-esteem

FEE SCHEDULE

Play Therapy Sessions

NDIS clients
\$190 per 50min session

Private clients
\$165 per 50min session

Parent/Carer Consultations

NDIS clients
\$190 per 50min session,
\$285 per 90min session,
\$380 for 120min session

Private clients
\$165 per 50min session,
\$247.50 for 90min session,
\$330 for 120min session

Late Cancellation Fees

NDIS clients
\$114 for cancellation within
24hrs and full fee for no show
without cancellation

Private clients
\$99 for cancellation within 24hrs
and full fee for no show without
cancellation

Holiday Fees

50% of session cost

NDIS clients
\$95 per session held to keep
appointment slot while away on
holidays

Private clients
\$82.50 per session held to keep
appointment slot while away on
holidays

Additional Fees

Travel for mobile play therapy - \$0.75 per km to and from office
Correspondence - 0-15mins free, exceeding 15mins is charged at pro
rata amount of \$190 (NDIS) or \$165 (Private) per hour
Report/letter writing - charged at pro rata amount of \$190 (NDIS) or
\$165 (Private) per hour

If after reading this booklet, you have
questions that were not answered
here, please

CONTACT US



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