

PLAY THERAPY AND CHILDREN'S COUNSELLING



Children use play as a natural medium for self expression. Play Therapy offers a safe environment where your child can use toys to explore feelings and resolve their problems.

PLAY THERAPY CAN HELP YOUR CHILD:

- Become more settled, self-aware and able to make choices.
- Begin to be able to regulate their thoughts, feelings and behaviour in an age-appropriate way.
- Develop a more substantial and solid sense of self.
- Begin to access their creativity to solve problems in a positive way.
- Develop more harmonious and enjoyable relationships with family and friends.

 **0403 914 072**


**PERTH CHILDREN'S
COUNSELLING**

pek@perthchildrenscounselling.com.au www.perthchildrenscounselling.com.au

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WHAT IS PLAY THERAPY?

When children find things hard, they may have reactions which they find difficult to manage. They may freeze into patterns of behaviour and ways of being which are incoherent and unhelpful.

In Play Therapy, your child uses toys and play to express what is troubling them: toys are their words and play is their story. When play occurs in a therapeutic setting, the child's inner world of thoughts and emotions regains coherence and structure. Their sense of self becomes more solid and they are able to move forward with life.

Parenting support is available throughout the counselling process.

WHAT PLAY THERAPY CAN HELP

Play Therapy can help with a wide range of social, emotional and behavioural issues. Undue anger, acting-out behaviour, shyness or anxiety. Trauma, loss, family changes, illness and adjusting to school. All these, and more, may benefit from Play Therapy.

Each child is unique: Call Perth Children's Counselling on 0403 914 072 to find out more and to decide if Play Therapy is a good fit for you and your child.

COUNSELLOR PROFILE

Pek Yen Lee is a registered psychotherapist and counsellor who specialises in Play Therapy and child-centred approaches to counselling. Pek has many years experience of working with children. She brings depth, warmth and a compassionate presence to her work with children and their families.

Pek Yen Lee

M. Couns., Cert. Play Therapy Skills,
PACAWA Clin. Assoc. M Ed.,
Dip. Spec. Ed, B. Sc.



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