

# IT'S EFFECTIVE...

Play therapy has been shown to be effective for addressing and improving a variety of concerns:

- Emotional regulation & coping skills
- Social skills
- Depression and Anxiety
- Trauma & grief
- Regulatory disorders including ADHD, Autism Spectrum Disorder and PDA



## .. FOR MANY!

Play therapy has been shown to help people of many different cultures, backgrounds, and experiences. Some of these populations include:

- Victims of a sexual abuse
- Marginalised groups
- Children who have been hospitalised
- Youths in foster care
- Refugee families
- LGBTQ+
- Children, Adolescents, and Adults



# CONNECT WITH US...



Bridge to  
Understanding  
Building a shared understanding  
one play at a time

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*We see private clients and also clients  
who have self-managed or plan  
managed NDIS plans.*



REFERRAL FORM



Play is the language of children.  
It is their most natural form of  
communication.

Rather than relying on traditional  
talk-therapy, play therapy meets  
children's developmental needs  
and abilities!



# WHO AM I?

I am a qualified Teacher, Play and Behaviour Therapist with over two decades of experience supporting children of all ages and abilities.

I specialise in trauma-informed care and supporting children who have disabilities and children with separation anxiety. Following best practice, I attend regular Play Therapy clinical professional development and supervision through Play Therapy Training Australia.

My commitment to the unconditional acceptance of a child means that I see and value each child as they are. I strive to create safe and supportive environments where children can thrive, knowing that one size does not fit all.

I work with children, families, schools, support workers and educators to problem solve and understand behaviours of concern. Drawing on my extensive understanding of child development, I guide children and their support network toward positive outcomes.

My goal is to empower children and their families by offering compassionate, individualised support that fosters growth, empowerment, healing, and resilience.



## OUR THERAPY TECHNIQUES

- **Non-Directive Play** – *child leads the play session.*
- **Directive Play** – *therapist guides play toward a goal.*
- **Dramatic Play** – *role-playing or acting out scenarios with variety of toys.*
- **Outdoor Therapy** – *we can facilitate sessions outdoors in a natural environment.*
- **Animal Assisted Play Therapy** – *we can incorporate trained therapy animals such as dogs into play therapy.*
- **Creative Therapy** – *we have a space called The Einstein Inventors Lab where we are able to facilitate creative 'makers' sessions.*
- **Gaming Therapy** – *for older children we offer therapy through games such as Minecraft and other appropriate games.*
- **Group Therapy** – *if social skills development is a goal for your child, we can facilitate small group sessions customised to suit the group.*
- **LEGO Therapy** – *We facilitate LEGO Therapy sessions in groups or 1:1.*



## PARENT-SUPPORT



We offer **child-parent relationship therapy (CPRT)**. This is a research-based method of training parents to be therapeutic agents with their own children.

CPRT focuses on **enhancing and strengthening the relationship** between parent and child.

Parents are **instructed and supported** by a play therapist over 10 sessions.

Parents **learn and use play therapy principles & techniques** including:

- Reflective listening
- Recognising and responding to their child's feelings
- Limit setting in a therapeutically beneficial way
- Building their child's self-esteem
- Conducting structured play sessions using special toys

**We can also offer professional development for schools and day cares.**

