

CoRe Kids Therapy was formed to create various locations within Melbourne where kids and their families with challenging needs can receive therapeutic services. This has especially been notable where children experience social and emotional struggles, grief and/or loss, complex trauma and attachment issues.

CoRe's therapy rooms are designed to be welcoming and calming spaces. Larger than standard consulting rooms, our spaces have significant area devoted to Play Therapy and include a diverse range of therapeutic toys required for kids to communicate all their feelings.

These spaces provide for a safe and nurturing place for children, without fear of judgement or punishment, thus enabling them to truly express themselves.

Our practitioners, who are all mental health clinicians certified in Play Therapy, are passionate about providing practical and creative strategies to help children.

We engage your child from Child Centred Play Therapeutic approaches and we will:

- Accept your child unconditionally
- Develop a caring and trusting relationship
- Allow your child to freely express their emotions
- Allow your child to work through troubles at his or her own pace
- Support your family throughout the process

Within an emotionally safe space, we help children overcome the challenges they face as well as enhance their mental health and wellbeing.



Donna Lai
Principal Clinician

We are Registered
Medicare and NDIS Provider



Play Therapy

*"Birds fly, fish swim
and children play"*

- Garry L. Landreth



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- Is your child anxious or withdrawn?
- Experiencing low self esteem?
- Exhibiting behavioural issues?
- Diagnosed with ASD or ADHD?
- Having difficulty making friends?
- Struggling with grief, loss or trauma?

Play therapy can help!



What is Play Therapy?

Play is the way that children learn, develop and understand the world around them. In Play Therapy, your child's natural tendency towards play is used to help them process complicated emotions they may not otherwise be able to express. Toys are used like words, with play becoming the children's language, and helps them to say what they have difficulty saying with words. Play Therapy empowers them to freely express, explore and resolve feelings and experiences that may be troubling, confusing or frightening.

Who is Play Therapy for?

Play Therapy provides a highly effective psychological treatment for children aged 2 to 12 years who may have been experiencing social, emotional, developmental or behavioural difficulties, early trauma experiences, high stress environments, anxiety, grief, separation anxiety, depression, hyper-activity, inattention and oppositional behaviours.

What happens at Play Therapy?

Play Therapy is not the same as playing. Play Therapy uses the child's natural tendency to "play out" their reactions to life situations.

Supported by a qualified Clinician trained in mental health, the Play Therapist first establishes a safe and trusting relationship by conveying unconditional acceptance. The child will choose therapeutic toys they wish to play with and are able to create and explore via mediums such as sandtray with miniatures, playdough, musical instruments, painting and puppets. The Play Therapist will follow the child's lead, communicating with them through play, and support them to express their feelings, thoughts, experiences and behaviours.

How can Play Therapy help?

By creating a safe, free and protected space, your child is given the opportunity to work through deeper emotional fears, anxieties and experiences that may be driving other behavioural concerns.

Play Therapy supports children to:

- Make better choices
- Gain self-control
- Express their thoughts and feelings
- Reduce anxiety
- Build self-esteem and confidence
- Develop empathy
- Strengthen connections and trust in relationships

