

What can CCPT  
be used for?

- \*Anxiety
- \*Depressed mood
- \*Attachment  
issues
- \*Trauma & loss
- \*Emotional  
dysregulation
- \*Behavioural  
Issues
- \*Stress
- \*Phobias/Fears
- \*Complicated Grief
- \*Low Self-esteem

\*CCPT cannot cure  
biological disorders but  
can be highly effective as  
early intervention form of  
therapy

## Inverell Armajun Aboriginal Health Service

### Child Centered Play Therapy

#### Social & Emotional Wellbeing / Mental Health Service.

Contact Armajun SEWB/MH Service on 67219777 to make a booking.

For Aboriginal people and their families.

Armajun Aboriginal



Health Service

# Play Therapy

Child Centered Play Therapy

**The Social & Emotional  
Wellbeing / Mental Health  
Service** at Inverell Armajun  
Aboriginal Health Service is  
providing Play Therapy.



## What is Child Centered Play Therapy?

It is a developmentally appropriate form of counselling for children 3-12 years old. It uses selected play toys and the therapeutic relationship in a safe and accepting environment.

Using language is not the preferred way for young children to express their thoughts and feelings; they often play out what is happening for them. Together the playroom and trained therapist provide the opportunity for the child to express their inner world in an accepting and genuine environment.



### How it works

Once your child feels safe, accepted & free to use the playroom as they wish they will use the space and toys to express their worldview.

### What to expect

Come, have a chat to see if Child Centered Play Therapy is right for your child, and learn about the benefits of providing this therapy for your child.

Child Centered Play Therapy cannot be rushed and will need to progress at your child's pace just like adults need to feel trust and safety in counselling, they will need to feel this too!

Therefore, you will need to be patient and allow time for your child to use this therapy.

## After Child Centered Play Therapy?

Aim is for inner growth and development of the child. Change can occur within the child's ability to self-express, regulate emotions, improve attachments, approachability and enhanced relationships with others.



### Want more information?

Clients of Armajun Aboriginal Health Service can book an appointment for Child Centered Play Therapy by ringing reception on ph:6721 9777, and asking to speak with the Social & Emotional Wellbeing / Mental Health Team.

Service is based at Inverell & Tingha Armajun Aboriginal Health Service.