



Welcome to Otway Play Therapy

Positive therapeutic play in a safe environment.

Play therapy is a relationship-based therapy, enabling a child to act out his or her feelings in the company of a therapist with a non-judgemental and accepting attitude towards them. In the safe space of the Playroom, a child can express his or her feelings through creative art, toys, props, and imaginative play.

Play Therapy has been found to provide an effective treatment for children who are feeling anxious, or finding it difficult developing and maintaining relationships, and children who are/or have experienced trauma.

Benefits of Play Therapy

- Supports emotional healing and growth
- Helps develop greater self-esteem
- Assists in developing inner resources for healing
- Fosters the ability to develop friendships
- Helps develop an understanding of the world he or she lives in

Otway Play Therapy is suited for children aged 3-13. A standard session runs for 45 minutes, once a week. Sessions are held in a **covid19 safe** private practice located in rural Gellibrand, Southwest Victoria.

www.otwayplaytherapy.com

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Early Childhood Teacher