

# Theraplay®

Building strong children and healthy families.



Mental Health  
and Wellbeing

**Theraplay® focuses on improving a child's behavioural and emotional wellbeing through the development of the parent/carer-child relationship.**

**Our service is confidential and respectful of your needs, circumstances and culture.**

## What is Theraplay®?

In a session the parent/carer and child are guided through playful games, challenging activities and nurturing interactions.

Theraplay® helps the **child** to overcome fear and increase trust by finding new ways to navigate previously difficult situations. This assists in creating a positive change in the child's sense of self.

Theraplay® helps the **parent/carer** to understand the motivation and underlying needs of the child's behaviour.

Parents/carers are also taught how to manage environmental stimuli and how to carefully challenge the child in a safe space.



## What makes Theraplay® unique?

Theraplay® focuses on the parent/carer-child relationship which is the most powerful and influential element to create change.

Other therapies may work primarily with the child alone or simply work with parents/carers on managing the child's behaviours.

## Theraplay® is unique because:

- It is appropriate for all ages from infancy to adolescence.
- It directly involves the parents or caregivers.
- It is active, interpersonal and fun – not 'talk therapy'.
- Progress can be made more quickly.
- It focuses on the *here and now* – not the past.
- It can be used with children with developmental delays.
- It is effective in working with children who have experienced trauma in their lives.
- The model flows easily into the home environment.

**#YOLO** Live Well

You only live once, live well.

## Theraplay® can assist children and their families experiencing a variety of challenges, including:

- Acting out, angry or disruptive behaviour.
- Defiant or controlling behaviour.
- Shy, withdrawn or clingy behaviour.
- Depression.
- Stress and anxiety.
- Selective mutism.
- Autism, Asperger's Syndrome and other Developmental Disorders.
- Attention and hyperactivity concerns.
- Social interaction.
- A history of trauma or neglect.
- Attachment issues due to adoption or multiple family placements.

## Theraplay® at Nexus Primary Health:

In order to bring this method to you, Nexus Primary Health has partnered with the Theraplay® Institute, which is a not-for-profit organisation based in Chicago, USA.

We are the leaders in Theraplay® throughout Victoria with a number of Theraplay® trained staff in our counselling team. Our Senior Clinician, Kate Lewer is one of Australia's only Certified Theraplay®

Therapist, Supervisor, and Certified Theraplay® Trainer.

We also provide training opportunities for professionals to deliver the Theraplay® model. For more information in relation to this visit our website or contact us by phone.

## Accessing this service:

- You can refer yourself to this service by contacting us on 1300 77 33 52, or a family member, parent or care giver can refer you.
- This service is available through **self-funded (fee paying)** system. Speak to our team about fees – private health insurance rebates may apply.
- Theraplay® services can be purchased by schools, government departments, support agencies, and through packages such as Targeted Care Packages. Speak to our team to see how this might apply to you.

Need help?

To find out more about Nexus, please contact us on:

**t 1300 77 33 52**

**info@nexusprimaryhealth.org.au**

**Broadford**  
72 Ferguson St

**Seymour**  
22 Callen St

**Kinglake**  
19 Whittlesea-Kinglake Rd

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