

Now accepting NDIS Participants who are self-managed or plan-managed with funding for Capacity Building supports.



Interplay and Humanistic Play Therapy in the Goulburn Valley

Suitable for children aged 0-12 years old

- angry or aggressive behaviours
- attachment concerns
- attention deficit and hyperactivity disorders
- autism spectrum disorders
- bullying
- chronic illness
- depression
- divorce and separation
- emotional regulation
- family changes
- gender variance
- generalised anxiety
- grief and loss
- low self-esteem
- medical anxiety
- neglect
- oppositional behaviours
- physical abuse
- selective mutism
- separation anxiety
- sexual abuse
- school difficulties
- sleeping difficulties
- social issues
- toileting issues
- trauma
- sibling rivalry
- global developmental delay
- other disability



Tahna Leader is a Clinical Interplay Play Therapist, Circle of Security Parenting Program Facilitator, Parenting Under Pressure Therapist, Newborn Behavioural Observation System Administrator and holds a Diploma of Children's Services (Early Childhood Education and Care), a Diploma of Postnatal Practice, and a Post Graduate Certificate in Social Science (Children and Family Studies).

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The cultural contexts surrounding a family are the beliefs and value systems that define the assumptions of a group of people about what is important for a family and the rules for interacting in the hope things will be a certain way. Parenting beliefs, explanations, and interpretations of how a child is and what they are doing, form important parts of the cultural context. They're often unconscious in that we don't even know they exist, or they might be more obvious such as an ethnic group or a religion. In any case, we all have them! There may even be multiple cultural contexts in a family constellation.



Relational trauma can be passed down from one generation to the next (intergenerational) and Interplay Play Therapy can illuminate the internal working models of individual's and reflect back the needs, wishes, motivations and intentions of members of the family towards one another, helping to increase understanding and promoting healthier new ways of relating that can break intergenerational patterns of painful attachment related behaviours.

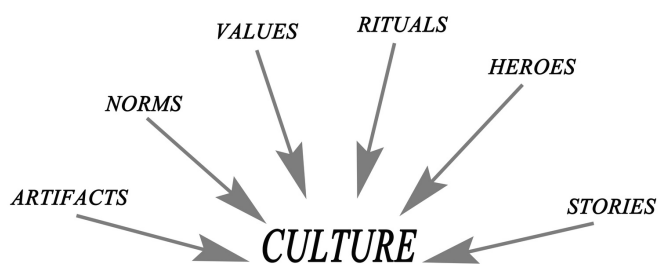
Interplay Play Therapy is appropriate for all cultures

Interplay Play Therapy is appropriate for every culture because it's focus is on building safe and secure, positive interactions and connections between its members. When members feel heard and seen in a family they are more likely to display pro-social behaviours, sensitivity and empathy towards one another.

Play and play themes can be interpreted archetypically and as such are not restricted to the use of any one language or system of symbols to convey meaning.

The roots of Interplay Play Therapy are embedded in humanistic philosophy, enabling it to be suitable for all humans from any cultural group.

Humanism affirms the dignity of individuals and emphasises personal liberty and social justice. It acknowledges the human needs and interests of every person regardless of cultural identification so that individuals can make meaning of their own lives.



Interplay Play Therapy with its influence from non-directive child-centred play therapy upholds Axline's 8 Principle's of play therapy and uses Carl Roger's theory of Unconditional Positive Regard to obtain therapeutic value for any human engaging with the modality regardless of their cultural contexts thus it is appropriate for everyone.