



# Chrysalis Play Therapy

Nurturing children's wellbeing through play

## What is play therapy?

Play therapy helps children experiencing emotional, social and behavioural struggles. It enables them to express and work through their difficult thoughts, feelings and experiences, and to develop qualities such as confidence, resilience and empathy. Play therapy facilitates emotional and social development and leads to improved mental health and wellbeing.

## Why PLAY therapy?

The use of play is key. Children can express more through play than they are able to with words. Using toys provides a tangible way for children to work through difficult thoughts, feelings and experiences. Play provides a way to work through struggles that feels safe for children.



## Hi! I'm Marie

I am the Play Therapist at Chrysalis Play Therapy. I worked as a fully qualified and registered Early Childhood Teacher for nearly twenty years.

During that time, some children I worked with needed more support than I was able to offer. I decided to study play therapy to be able to do more for children who need additional support in order to flourish and thrive. I now have a Master of Child Play Therapy from Deakin University in Australia and am in a position to use play therapy to help children move towards greater wellbeing. I work from my home in the Wellington suburb of Northland.



## Can play therapy help my child?

Play Therapy is suitable for children aged between 3 and 12 years of age. There is a wide range of both common childhood struggles and more serious concerns that play therapy can help with. Just some of these are:

- Difficulty managing emotions
- Withdrawal from situations and/or people
- Low self-esteem or confidence
- Anxiety or excessive worry
- Depression, persistent sadness or low mood

- Insecure attachments with parents and significant others
- Difficulty with social interactions
- Distressing eating, sleeping or toileting patterns
- Dealing with a difficult experience e.g. death or loss of a loved one, family separation, being placed in foster care, adoption, living with a developmental difference or medical condition
- Dealing with a single-incident trauma e.g. car accident, natural disaster
- Dealing with complex trauma e.g. abuse, neglect

## What happens for children during a play therapy session?

Most of my work takes a humanistic approach. This approach is based on the understanding that children are intrinsically motivated to heal and reach for their potential. Therefore, during play therapy children are free to decide for themselves which toys and resources to use and how to use them. I relate to children with empathy and acceptance and use therapeutic skills to create a space where children feel safe to express themselves and are empowered to work through their toughest feelings, thoughts and experiences as they play.

## Play Therapy Sessions

- Intake Session - The first session is a conversation between myself and you (a child's parent(s) or caregiver(s)). This is an opportunity for me to find out more about your child, your family and the concerns you have for your child. (up to 90 minutes)
- Play Therapy Sessions - Sessions between myself and a child occur once a week. In order to provide consistency for children, sessions occur on the same day and at the same time each week. (50 minutes)
- Review Sessions - You and I will meet on a regular basis (usually after every 5 play therapy sessions) so we can exchange information about what's been happening for your child during play therapy and at home. I will also offer you guidance on what you can do to support your child. (approx. 50 minutes)

Please visit the website for current pricing.

## Get in touch

Please contact me if you would like further information or if you would like to book an Intake Session. You can:

Call or text me on 021 236 4353

Email me at [marie@chrysalisplaytherapy.co.nz](mailto:marie@chrysalisplaytherapy.co.nz)

Visit [chrysalisplaytherapy.co.nz](http://chrysalisplaytherapy.co.nz)

*When you're free you can play,  
and when you're playing you become free.*

Heidi Kaduson



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