

What is Play Therapy?

Play therapy, as a general term, refers to therapeutic interventions, most commonly for children, that use play and toys as a tool for change.

Elysia Bonfield - Play Therapist

Elysia is an Early Childhood Teacher who has been working with young children and their families for over 20 years. She completed her Masters in Child Play Therapy in 2021. She has worked with many children with ASD, ADHD, anxiety, developmental delays, Working as a play therapist allows her to give individualized attention to those that need it most, something that can be challenging in the classroom environment.



Did you know....

- Play Therapy is eligible under NDIS requirements, clients need to be self-managed.
- No referral is needed from other health services to access Play Therapy.
- Play Nature Therapy is currently a mobile service. We can come to you or arrange to see your child in their education/care setting if appropriate.
- Play Therapy sessions can be either 30, 45 or 60 mins depending on the needs of the child.

Contact Us

Mobile Play Therapy Service
Servicing Maryborough, Gympie, Hervey Bay and surrounds

Phone: 0411494634
Email: playnaturetherapy@gmail.com
Website: playnature.com.au
Find us on Facebook



Play Nature Therapy: Services Guide



Play Therapy Services

Learn to Play Therapy

Learn to Play is a directive form of play therapy designed to support children to be able to engage in spontaneous pretend play.

Perfect for children who do not know how to play, have a disability or developmental delay, are struggling with reading and writing, have difficulties socially, have a speech or language delay.

Learn to Play focuses on building the 6 key skills for pretend play: play themes, sequences in play action, doll/teddy play, object substitution, role play and social interaction.

During regular play sessions, play activities are planned to support the development of these key skills through modelling and repetition.

Learn to Play is the building block of all other forms of play therapy as a base level of pretend play ability is required to engage in these therapies.



Humanistic Play Therapy

Humanistic play therapy is a non-directive, child-led form of counselling for children using their natural language of play.

Perfect for children who are struggling with behavioural issues, social skills, emotional wellbeing, anxiety, impacts of trauma, death or prolonged illness of a family member, engaging at school or have a disability or developmental disorder.

Humanistic Play Therapy harnesses the therapeutic powers of play to facilitate communication, increase personal strengths, foster emotional wellness and enhance social relationships. The therapist provides a set of carefully selected toys in a safe environment, The children have the control, the therapist views the child as capable and able to work through their own personal challenges with the therapist alongside for support



Filial Therapy

Play Therapy for the whole family. Rather than working directly with your child, in Filial Therapy the focus is on supporting parents to play in a therapeutic way with their own children. When parents are involved in the therapy, the outcomes for children can be greatly increased.

After some initial assessment and discussion, parents are able to observe the play therapist at work. The therapist then teaches the parents the 4 key skills of play therapy and supports them to put these into practice during special play sessions with their child.

Filial therapy is a great options for families who live in more remote areas as much of the work can be undertaken online through the use of zoom and pre-recorded video content. Also a good fit where the child has difficulty engaging with other adults.

