



ABOUT OUR COMPANY

KLC Counselling & Play Therapy Pty Ltd
ABN 60 688 533 726

At KLC Counselling & Play Therapy, located in Hervey Bay and Maryborough, Queensland, our focus is on meeting our client's needs through a supportive and nurturing environment.

We support over 100 children and families each year through specialized, person-centered counselling services, including play therapy, a tailored form of children's counselling designed to help children express emotions, process challenges, and develop emotional resilience in a safe environment. Passionate about supporting individuals of all ages, from birth through adulthood, we provide engaging, developmentally appropriate therapy and counselling services that meet each person's unique needs, helping them navigate life's challenges and build resilience.

Our team of postgraduate-qualified Play Therapists and Counsellors are dedicated to providing compassionate, respectful, and tailored support that aligns with your family's unique circumstances. As a trauma-informed and neurodivergent-affirming practice, we create an inclusive space where our clients and their families feel welcomed and supported. We also offer specialised assistance for families experiencing domestic and family violence.

Our services extend beyond children's counselling to include family counselling through Interplay, parent counselling, general adult counselling, and parent coaching, all designed to help our clients and their loved ones strengthen attachments, build resilience, manage emotions, and improve overall wellbeing. Our goal is to walk alongside our client on their mental health journey with kindness, understanding, and professional care.



OUR SERVICES



Child-Centred Play Therapy (CCPT)

Children 2 - 14 years



Counselling

Children, Adolescents & Young Adults & Adults



Parent Counselling

Parents with child/ren 2 - 18 years



Child-Parent Relationship Therapy (CPRT)

Parent Workshop



Interplay

Child & Parent Therapy Sessions



Parent/Guardian Support

and Consultation Services

SUPPORTING

Adults and children **from birth through all stages of life** experiencing challenges such as low self-esteem and confidence, school or social difficulties, selective mutism, trauma or attachment issues, divorce and separation, anxiety and depression, grief and loss, anger and aggressive behaviors, chronic illness, bullying, sexual or physical abuse, gender variance, sleep issues, autism, ADHD, AuDHD, global developmental delay, cerebral palsy, Down syndrome, PTSD, and many more can access support through our counselling services.

STRUCTURE

Intake
Therapy Session 1-5
Parent/Carer/Client Update
Therapy Session 6-10
Parent/Carer/Client Update
Written Report (if requested).
Repeat.

Child & Adolescent Support

2 to 18 years



Play Therapy:

Play Therapy is a powerful means of combining the innate, creative and non-verbal capacities of children in order to engage, build relationships, and work therapeutically with them. Play therapy is a developmentally appropriate, evidence-based intervention for children **2-14 years old**.

In Play Therapy, children can play out, symbolically or literally, their real-life and inner experiences in a way that builds capacity and insight.

Play Therapy sessions give children a safe, secure and confidential space to process their thoughts, feelings and experiences.

The result: children who can process their trauma, heal from hurts and thrive in their everyday life.

Counselling:

Children and adolescent counselling offers evidence-based, developmentally appropriate approaches including:

- Cognitive-Behavioral Therapy (CBT)
- Solution-Focused Brief Therapy (SFBT)
- Cognitive-Behavioral Play Therapy (CBPT)

These approaches are designed to support individuals aged **5 to 18**. Supporting young people to develop resilience, manage emotions, and overcome challenges by focusing on practical skills, goal-setting, and coping strategies.

Our sessions promote insight, healing, and growth, empowering children and adolescents to process trauma, overcome difficulties, and thrive in daily life. Our goal is to support their emotional well-being through compassionate, effective therapy.

Differences & Benefits of Child-Centered Play Therapy & Children's Counselling

Child-centered play therapy is a non-directive, humanistic approach allowing children to express themselves through spontaneous play in a safe environment, promoting emotional healing and self-awareness, especially for younger children or those who struggle to verbalize feelings.

In contrast, children's counselling often involves structured talking therapies like CBT, helping kids articulate thoughts, develop coping skills, and address specific issues such as anxiety or depression.

Both methods are valuable: play therapy supports emotional growth for those who find talking challenging, while talk therapy suits children capable of verbal expression and targeted intervention.

Fees: Our service rate is \$193.99 per session

We hold a limited number of reduced-fee (\$150.00 per session) spots for families who do not have access to external funding and meet our criteria.

Child Therapy Phases

Children generally progress through four phases during their play therapy/counselling journey. The duration of each phase is unpredictable, but regular weekly attendance tends to lead to faster and more positive results.



PHASE 1 **ENGAGEMENT**

Children explore the playroom and the toys, questioning what things they can and cannot do in the therapy room. Some children will have the desire to touch and try out everything they see, other children will be hesitant and uncertain about what their role is in the therapy room and look to the therapist to take the lead.

PHASE 2 **WORKING THROUGH**

The child and Therapist establish a relationship of trust and the child begins to play out or talk through underlying issues. A decrease in the child's functioning may accompany this phase as they make the decision to put in the work or keep resisting because it feels difficult. Often, things will get worse before they get better.

PHASE 3 **THERAPEUTIC GROWTH**

This is typically the longest phase of therapy. Children show up to each session ready to put in the hard work required for personal growth. They are learning, healing, stepping out of their comfort zone, and making changes. Parents and carers often notice positive advances in their child's self-esteem, behaviours, communication, and overall outlook on life.

PHASE 4 **CONCLUSION**

This important phase entails the therapist and child summarising their time together and preparing to end the relationship. This occurs when children are consistently demonstrating their new skills with ease, and behavioural, emotional and social needs have stabilised in multiple environments.

Adult & Family Support



Adult Counselling:

We provide a safe, supportive space where individuals can explore their thoughts and feelings to foster self-awareness and personal growth. Using approaches like humanistic therapy, CBT, SFT, and ACT, our therapists focus on each person's unique experiences, including supporting those who have experienced trauma, anxiety, depression, or relationship challenges. Sessions promote open communication, offering guidance on managing emotional needs, processing past traumas, and improving family or interpersonal dynamics. Through talk therapy and expressive techniques, individuals develop coping strategies, emotional regulation, and resilience, empowering them to navigate life's difficulties and enhance their overall well-being.

Parent Counselling:

We provide a supported environment where parents and carers can explore the challenges of raising children, as well as their thoughts and feelings. Using a humanistic approach, our therapists focus on each parent's unique experiences, fostering self-awareness and personal growth. Sessions encourage open communication and help parents address issues such as anxiety, depression, or family dynamics.

The process offers guidance on supporting emotional needs and strengthening family relationships, empowering parents to navigate their parenting journey with confidence and resilience. Through techniques like talk therapy and expressive methods, individuals learn coping strategies and emotional regulation, fostering resilience. This collaborative approach empowers families to navigate life's challenges together, supporting their overall well-being.

Interplay:

A non-directive family counselling approach that combines humanistic principles with attachment theory and interpersonal neurobiology (how the mind is shaped by relationship). In Interplay therapy parents and care givers become central to the child's therapeutic process.

The core belief is that therapists should see children within their family system and for optimal growth and healing within their attachment relationships.

Interplay supports children and parents to explore and reorganise experiences that may have contributed to their wellbeing. By way of interplay, both child and parent can develop self insight and insight into each other. There can be a strengthening of the parent child relationship, and movement towards a calmer and more connected parent child relationship.

Fees: Our service rate is \$193.99 per session

We hold a limited number of reduced-fee (\$150.00 per session) spots for families who do not have access to external funding and meet our criteria.

Fee Schedule

We charge the same hourly rate for all services.



We work closely with families who are:

NDIS self and plan managed (GST free)

Referred via DCP (GST free)

Self-funded/private paying (GST free)

Third Party paying (Lawyer, Insurance etc.)

Hourly rate: Under 9yrs \$193.99 / 9yrs & Over \$156.16 (plus GST if applicable)

Parent/Adult Consultation – Intake: \$290.98 / \$234.24

A one-off parent intake session in the clinic or via telehealth. (1.5 hours)

Parent Consultation – Update: \$290.98 / \$234.24

Scheduled after every 4-5 child sessions, in the clinic or via telehealth. (1.5 hours including notes)

Therapy – Child /Adult Session: \$193.99 / \$156.16

Therapy appointments on a weekly basis in the clinic (60 minutes including notes)

Therapy – Child/Adult Session with Travel: \$242.48 / \$195.20

Therapy appointments on a weekly basis in home, daycare or school (75 minutes including notes & travel time)

Please note: we are not eligible to accept Mental Health Treatment Plans (MHTP) and claim Medicare rebates.

CPRT / Filial Therapy Program



CHILD-PARENT RELATIONSHIP THERAPY

Child-Parent Relationship Therapy (CPRT) is a dynamic approach aimed at all **parents of children aged between 3 and 10** and designed to reduce children's problem behaviours by enhancing the relationship between a parent and a child. Throughout the **10 week program**, parents engage in **weekly 2-hour group sessions or 1.5 hour individual/couple sessions** dedicated solely to their development. Simultaneously, parents spend quality time with their children through **30-minute special playtimes at home**.

Why CPRT | Filial Family Therapy?

Parents are the most important people and teachers to their own children. CPRT is a well established evidence - based therapeutic method that combines non-directive play therapy and family therapy to strengthen relationships, create healthy attachments and prevent family disruption. It can be a more direct and faster way of addressing challenging child-parent dynamics and associated behavioural and emotional difficulties.

Research has shown that motivated parents who have completed CPRT can be just as effective as play therapists at:

- Reducing problem behaviors
- Developing responsibility and self-control in children
- Increasing children's self-esteem
- Enhancing the parent-child relationship

CPRT program runs for 10 consecutive weeks and consists of:

- Intake session
- 10 CPRT sessions (1.5 - 2 hours)
- 2 follow up sessions
- 1 session summary report
- 1 certificate of completion

All sessions are conducted with an approved mental health professional, with clients engaging in one session per week over a period of 10 weeks.

Individual Program fee: \$2,700 per person/couple

Group Program fee: \$1,700 per person (min 4 participants)

FREQUENTLY ASKED QUESTIONS

HOW REGULAR ARE SESSIONS?

Weekly sessions have been identified throughout research as the most beneficial for children. Depending on the child, multiple sessions a week could be considered for a more intensive approach to therapy. Fortnightly sessions can be considered, but it is important to understand this will mean the progress we may see in therapy will generally be slower.

WHAT CAN I EXPECT FROM A SESSION?

In Play Therapy and Counselling, your child will come into the playroom while you wait in the waiting room (if possible). You may hear banging, laughing, yelling and singing - or it may be silent. Most of the time your child will leave regulated, but sometimes the session is hard for the child so they may need extra cuddles and affection from you. Your child may exit with a special gem which we call a 'transitional object' to help the transition from the therapy space to the home space. Your child may want to tell you everything that happened, or may want to keep it to themselves - both are acceptable

CAN I BE IN THE SESSION WITH MY CHILD

Play Therapy and Counselling are designed to create a confidential and safe space for the child and that means having their parent/carer wait in the waiting room. However, we always strive to ensure that the child is comfortable and if that means having you in session with them, then we will accommodate that, usually with a slow, gentle separation over multiple sessions. Coming into session on their own can be a milestone for children and increase their independence and confidence. We also offer filial sessions such as Interplay if this is a concern.

SHOULD I TALK TO MY CHILD ABOUT WHAT HAPPENS IN SESSIONS

Child-Centered Therapy is an important time for children to 'just be' without expectations or pressure to talk about their sessions. Try to resist asking your child questions such as "What did you play with?" Or "Did you have fun?". Instead, a statement such as "all done, it's time to go home now" reduces any pressure to share. If your child does initiate sharing about what they did in their sessions, that's absolutely fine!

FAQS CONT:

WHAT IF I NEED TO TALK TO THE THERAPIST ABOUT MY CHILD?

Try to avoid discussing your child in front of them before or after the session. Play Therapy is a safe space for your child and we try to minimise conversations about your child in front of them. If you have time sensitive questions or concerns, email your child's therapist directly. Alternatively, wait for the parent update sessions which we schedule every 4-5 child sessions. In the updates, we share progress, check in with each other and ask questions, all without your child present.

SHOULD I TALK TO MY CHILD ABOUT WHAT HAPPENS IN SESSIONS?

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WHAT IF MY CHILD'S CHALLENGES BECOME WORSE WHILE THEY'RE IN THERAPY?

Sometimes children's behavioural or emotional challenges can become worse before they get better while they are in therapy. This is because the process can bring up feelings, anxieties or hurts that may have previously been repressed. This is part of the process, and over time your child will develop resilience and coping strategies to deal with these challenges.

WILL PLAY THERAPY TEACH MY CHILD HOW TO PLAY?

This is a common misconception. We won't teach your child how to play as we know that how your child plays **IS** the right way for them. If we tried to teach them to play, that would mean that our way is the 'right' way and theirs is the 'wrong' way. Instead, we follow your child's lead completely, we learn how they express themselves and 'talk play' in their language. This is why play therapy works, children feel heard, understood and respected.

FAQS CONT:

MY CHILD PLAYS AT HOME, HOW IS THIS DIFFERENT?

We also hear this a lot, and try to highlight the word 'therapy' in what we do. Just like how you speak at home but also see a Speech Pathologist or have a sensory swing at home but still see an Occupational Therapist. Play therapy supports what you already do whilst adding the psychological element of therapy and the communication of play to make it truly impactful.

MY CHILDS TOO OLD FOR PLAY THERAPY DO YOU OFFER COUNSELLING?

Yes, we offer person-centered counselling for children, adolescents and adults from infancy through lifespan. Counselling can include play-based approaches, solution-focused techniques, and cognitive behavioural therapy and other evidence-based approaches to support your individual needs.

MY CHILD DOESN'T SAY MANY WORDS, CAN PLAY THERAPY STILL HELP?

Play therapy does not require any words from your child to see change and make a difference to their life. We have experienced many children not utter a word for 20 sessions, yet progress and reach goals outside of the session. This is due to the unconditional positive regard we show each and every child. Accepting them the way they are in the moment and not expecting them to change for us. Note: The child does need a level of receptive language.

MY CHILD IS AUTISTIC, IS PLAY THERAPY APPROPRIATE?

Definitely, we are proudly neurodivergent affirming! This means that no matter your child's neurotype, they are welcome in session with us. This also means that we will not try to change/fix/cure your child - no way! We will embrace your child, celebrate them and show them each and every session how amazing we think they are - just as they are.

CAN I USE MY NDIS FUNDING?

Yes, we can accept self and plan managed NDIS participants.

DO YOU ACCEPT MHCP?

Yes, we can accept MHCP to reduce fees..

FAQS CONT:

HOW WILL I KNOW IT'S WORKING?

You will be able to talk to your therapist about this in the parent/carer updates. It is likely you won't see any changes in the first 4-6 sessions as the child is still building trust in the therapist and space. After that, it could be things like a reduction in meltdown occurrences, increased tolerance of others, increased emotional regulation (e.g they recover from a negative experience faster). Sooo many things!

DO BOTH PARENTS HAVE TO CONSENT FOR A CHILD TO ATTEND?

If there is no court order in place then only one parent needs to consent, however we do prefer for both parents to know about the sessions and give permission. We are happy to have 2 separate intakes, updates and communications.

If there is a court order in place, we cannot provide therapy unless it is inline with the order.

WHAT IS YOUR CONFIDENTIALITY POLICY?

At KLC Counselling & Play Therapy, we take confidentiality and privacy very seriously. All information shared during counselling sessions is strictly confidential and will not be disclosed to anyone without the client's consent, except in cases where there is a legal obligation to report abuse, neglect, or harm to oneself or others.

WHAT IS YOUR CANCELLATION POLICY?

If you need to cancel or reschedule your appointment at KLC Counselling & Play Therapy, please notify us at least 48 business hours in advance to avoid being charged a cancellation fee. If you do not show up for your appointment without prior notice, you will be charged the full session fee.

WHAT PAYMENT METHODS DO YOU ACCEPT?

KLC Counselling & Play Therapy accepts payment by direct deposit. You will be invoiced following each session.



BOOK A FREE CONSULT NOW

WE ACCEPT:

NDIS (self and plan managed)
Self-funded/private paying
DCP funded

FOUR WAYS TO BOOK A CONSULT:



-  klc.counsellor@gmail.com
-  0478 359 705
-  www.klccounselling.com.au
-  [Online booking calendar](#)

