



CHILD PLAY THERAPY

2026 PRICE GUIDE

NOW OFFERING APPTA REGISTERED SPECIALIST AQF9 MASTERS QUALIFIED CHILD PLAY THERAPY IN NOWRA!

Master-level Child Play Therapy is a highly skilled specialist intervention for children aged 2.2 to 12 years, who have experienced trauma and loss or are experiencing mental health and emotional behavioural difficulties.

With 20 years of experience working therapeutically with children and parents, we are located in the Nowra CBD, at our beautiful new Nowra Play Therapy Space, by appointment only.

AQF9 qualified play therapists complete hundreds of hours of practical clinical training and supervision, as well as undertake years of study to deeply understand child development, the brain, and the impact of life experiences.

Play Therapy is grounded in developmental neuroscience, supporting healthy brain development and emotional regulation.

It is widely recognised as one of the most effective interventions for trauma recovery in children, allowing them to process and integrate overwhelming experiences through their own language of play at their own pace (Landreth, 2012; APPTA, 2024).

By following the child's lead, play therapy empowers children to regain a sense of mastery and safety, making it a powerful tool for healing

References Australian Pacific Play Therapists Association (APPTA). (2024). What is Play Therapy? Retrieved from <https://appta.org.au/play-therapy/> Landreth, G. L. (2012). Play Therapy: The Art of the Relationship (3rd ed.). Routledge.



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CONNECT AND REFFER

Play therapy is recommended for children under the age of 12 who have experienced any kind of trauma, including attachment trauma and developmental trauma.

We do not require a specific or specialist referral; however, if you have one, that is also helpful.

Located at our clinic in the Nowra CBD, by appointment only. For referrals, please go to our play therapy page and click the link to our referral form.

brighthouse.org.au

The price guide below is per 50-min session, and session pricing and intervention lengths vary depending on each child's clinical circumstances, complexity, and funding source.

Individuals and organisations should also keep in mind that interventions generally require at least 15 sessions.

Learn to Play Program ages 2-6	193.99
Humanistic Play Therapy ages 3-12	193.99
Systemic Play Therapy ages 3-12	193.99
Filial (family) Play Therapy ages 2-12	193.99
Consultation and Education Services	193.99
Provider Travel	97.00

We are able to accept self-funded and plan-managed NDIS clients and or private funding. Organisations and Nominees are responsible for sourcing their own funding.