

“Enter into children's
play and you will find
the place where their
minds, hearts, and
souls meet.”

Virginia Axline



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Humanistic Play Therapy

What is Humanistic Play Therapy?

Humanistic play therapy provides a safe space for children to express themselves using their natural language: play. A wide variety of materials are made available to the child to facilitate exploration, creative and emotional expression and symbolism. Children can choose to play in most of the ways they would like and voice their story through their actions. The therapist is there to provide warmth and acceptance while supporting and following the child safely through their journey without imposing judgement or direction.



Who is Humanistic Play Therapy For?

This form of Play Therapy is suitable for children aged between 3 and 13 who may have experienced grief, trauma, social problems, fears and phobias, anger issues, depression, illness or the illness of a loved one, anxiety, toileting issues, ADD, ADHD, Autism, and more.

Does Humanistic Play Therapy Work?

Humanistic play therapy has been shown across numerous studies to be an effective form of treatment, assisting with internalising and externalising issues, academic performance, social issues, self-esteem, trauma, anxiety, development, attachment issues, disruptive behaviours, issues related to family environment, PTSD, aggression, developmental delays, autism and more.

