



I am a qualified person centred counsellor, certified play therapist and filial play coach (MBACP and NCS). I approach all my work from a person-centred perspective.

## Person-Centred counselling

As a person-centred counsellor I believe that all human beings have an inbuilt ability to develop towards their full potential. I am aware, however, that some life experiences can affect our ability to do this. I offer an individual a safe, protected space and therapeutic relationship where they can explore their life experiences at their own pace, helping them to restore their ability to develop and grow in positive ways. I offer empathy, understanding and confidentiality.

This model can help with many different issues including relationship difficulties; trauma; mild to moderate mental health issues; bereavement and loss and addiction.

Please get in touch if you would like to know more or would like to book an appointment –

starfishservices@hotmail.com or 07870415759 (text or phone – I may not be able to answer the telephone but please leave a message for me and I will call you back as soon as I can).

**£40 per 50 minute session (on a sliding scale).**



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## Creative therapy services

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Creative therapy is suitable for adults and young people. This model can help with many different issues including relationship difficulties; trauma; mild to moderate mental health issues; bereavement and loss and addiction.

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## Play therapy services

Play is incredibly important for a child's development, it helps to shape key social, creative, language, emotional, cognitive and physical processes. Play therapy is considered particularly important for children who may struggle to express themselves verbally, although generally it can help children of all abilities, cultures and genders. Play therapy offers children a safe and comfortable space in which they can be themselves and have the emotional support to express their feelings freely. These feelings can then be explored and contained in a healthy way with the help of a play therapist in order to promote resilience and confidence within each child.

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**£50 per session (45 minutes) plus £25 per meeting (pre therapy; review and post therapy) and £25 per report (on a sliding scale).**



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## Filial Play Coaching services

Filial play coaching aims to help improve the relationship between parent/carer and child, teaching parents about child-centred, non-directive play and how they can include this in their parenting activities.

Individual filial play coaching involves the coach and parent working together to learn key skills which they can use to help enhance the attachment that they have with their child. The coach and parent meet to learn about child-centred, non-directive play and the parent or carer will have special time with their child for 10 minutes 5 times a week.

In a group setting the intervention takes the form of a course called 'Play to Connect'. This takes place over 10 sessions as part of a small group of parents and carers, learning alongside other parents.

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**Individual - £35 per session. Group - £30 per session (on a sliding scale).**



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## Listen to your He(art) Group

This is a group for school aged Children and their Parents and Carers and adults led by a qualified therapist. It focuses on using creative arts in a therapeutic way, using a mixture of directive and non-directive activities.

Would you like some quality time with your child focussing on creative arts?

Would you like to explore creative arts alongside your child in a therapeutic, non-judgemental setting?

Are you looking for a relaxing space where you can deepen your self-awareness and relationship and express yourself through creative arts?

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**£6 adult only; £8 for one child and parent/carer (£1 extra for each additional child).**



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## Personal Development Group

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**£8 per session.**