

Creative arts counselling

FOR CHILDREN (2 - 12 YEARS)

Creative arts counselling for children is the use of toys & art materials to assist children to express and explore their feelings, thoughts, experiences and behaviour.

In the counselling session the child is invited to work through issues that they cannot change or that they cannot understand through the visual, kinesthetic and sensory experience of toys, sand, and art materials.

Art and play are a child's natural language.

Most of what happens in the session is expressed in non verbal language & it is important to allow children time to integrate their experience in the session before talking about it.



Children often enjoy coming to counselling with Nyrelle. It is unusual for a child not to enjoy attending the session, as art and play are the focus of the counselling session.

Through art and play children can make better sense of their world.

The 1 hour counselling session includes 45 minutes of counselling with the child and then a 15 minute update with the parent or caregiver.

Art and play create positive change in subtle ways

Often after several sessions small changes will be noticed at home or at school. A minimum of 6 sessions is recommended. Most children only require 6-10 sessions for them to process and discharge strong feelings. In some cases, after children have completed their sessions with Nyrelle they may request to return for a couple of sessions, a 'top up,' weeks or several months after the block of counselling has completed.

What children say during or after counselling:

"Peace is restored."

- Bill, 8 years old

"I feel fantastic!"

- Sebastian, 7 years old

"I hope I can do this all my life."

- Jessie, 8 years old

What parents say:

"I can see a light at the end of the tunnel"

- Nikki, Accounts Manager

(See more testimonials www.nyrellebade.com.au)

Soul Space, 15 Hancock Street, Drysdale - Fridays 9.30am-5.30pm