

Into Blue Expressive Therapies Information for Parents and Carers

JO ABLETT QUALIFICATIONS:

Master in Counselling

Dip & Adv. Dip. in Expressive Therapies

B. Ed., Dip.Ed.

Cert IV Couns.Supervision

Voc. Grad. Dip. Couns. Supervision

Member & Clinical Supervisor ACA –The Aust. Counselling Assoc.

Member & Clinical Supervisor PACFA - Psychotherapy and Counselling Federation of Australia

Member CAPAV - Counsellor's and Psychotherapist's Association Victoria

Professional Member ACATA - Australian Creative Arts Therapies Association

Member SCAPE Society of Couns. and Psychotherapy Educators Aust Inc.

Registered Teacher - Victorian Institute of Teaching

Trainer for Victoria for the Expressive Therapies Institute of Australia

Massage In Schools Instructor

30+ years teaching experience in Primary and Secondary Schools

Meditation teacher 38 years

PRIOR TO COMMENCEMENT OF SESSIONS

It is preferable to have an interview with you before your child commences sessions to complete consent forms and to ensure I have a good understanding of the situation. The interview can be by phone or in person; alternatively a detailed email outlining your concerns and your child's history will suffice.

After the interview, your child will commence 3 to 5 sessions, which are an hour in length.

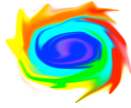
A follow up interview of 45 minutes by phone or in person will be arranged at the completion of 3 to 5 sessions to review progress and create future plans.

REPORTING BACK TO PARENTS

Your child is my client and client confidentiality applies to children and adults alike however if any safety issues arise I will inform you immediately. In order for trust and confidence to be established, it is essential for children to be able to explore things without censoring their own feelings (often to protect the feelings of a parent/parents). I aim to develop a working partnership with you, for the best outcomes for your child. Communicating your concerns and updating me prior to a session is helpful via email.

PARENT ROLE

Parents are asked to observe your child's behaviour between sessions and over the period of time we work together. Observing *FREQUENCY, INTENSITY AND DURATION* of behavioural incidents (anger, anxieties, sleep issues etc.) This assists with monitoring change, assessing the efficiency of sessions and developing strategies for support.



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ABOUT EXPRESSIVE THERAPIES

Expressive Therapies is an approach to counselling that uses the body and emotions for healing. A range of methods is used to explore the hidden causes behind issues. It provides children with strategies for dealing with challenges and supports them in finding solutions to problems.

Intense emotions and traumatic situations are imprinted in the body and memory and can affect behaviour, attitude and happiness until resolved. This can include birth trauma, early childhood traumas and recent trauma.

This experiential and holistic way of working is *empowering* for children as they learn to understand their emotions and develop skills to self regulate and resolve problems. It involves more than 'just talking about the problem', allowing for non-verbal exploration of issues providing the opportunity for real and lasting change.

METHODS USED IN EXPRESSIVE THERAPIES

In working with your child I will be using some of the following strategies:

Sandplay Therapy & Symbol Work:

Small objects that include ornaments, shells, rocks, things from nature and small toys are arranged in the sandtray. By creating a problem or issue in the sandtray, a child is able to gain understanding and a different perspective. This helps children to 'make sense' of situations that are difficult or for which they lack the language to describe.

Sandplay Therapy and Symbol Work can help to:

- Resolve personal problems and conflicts in social relationships such as bullying or friendship, and family relationships.
- Make sense of situations
- Gain new perspectives
- Enhance self-esteem and self-awareness
- Improve communication skills and language development
- Assist children with learning difficulties

Visualisation: The use of Visualisation assists with identifying and processing emotional and physical blocks. It assists with the development of self-awareness in children, to help children to overcome problems in relating to others, behaviour, and self-esteem. Visualisation is also used as a method for relaxation.

Emotional Release Processing: A safe way of working with and releasing strong emotions so often at the core of negative behaviour patterns. Movement and exercises help to release tension in the body from a variety of emotions including anger, sadness, frustration and excitement. Sometimes 'games' using cushions to kick and hit, crawl through or jump on help to release 'stuck' emotions.

Gestalt Role Play: A method of role-play, using significant symbols from sandplay and dreams.

Body Focus: Body symptoms or 'psychosomatic signals' such as headaches, stomach cramps, backache and body pain, offer clues and vital information for identifying and working with emotional issues and can be a starting point or focus for a session. For example, a 'sore tummy' can be an indication of anxiety. Your child, to identify and locate sensations and emotions within the body with the ultimate aim of developing self-awareness and self-regulation will create 'Body Maps'.

Expressive Drawing and Writing: Drawing is used for expressing and processing emotions through colour, shape and line. Journal writing provides an outlet for expression.

INTO BLUE CONSULTATION FEES Children and Adolescents \$110.00 per 1-hour consultation
Parent Interview: 45 min session. \$90.00, 1hr session \$110.00 Forgotten appointments: 50% of the full payment as I set the time aside for your child.

