

The Effective 10 Forms...

Of Play Based Therapy



Empowered - Therapy & Training

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#1 - ART THERAPY



Art therapy, as the name suggests, involves creating art as therapeutic tool to help facilitate emotional growth, and promote both mental and physical healing and recovery.

Creating art gives individuals the opportunity to express themselves more freely, gain insight and self – awareness, and work through difficult emotions in a manner that's quite different from – and perhaps less intimidating than – traditional counselling or talk therapy.



Art therapy is practised in mental health, rehabilitation, medical, educational and forensic settings – as well as in practice, in workshops and small – group settings. Clients come from all walks of life, facing a full array of challenges.

Individuals, couples, families and groups can all benefit from various art therapy formats. Art therapy is an effective treatment for persons experiencing developmental, medical, educational, social or psychological impairment. A key goal in art therapy is to improve or restore the clients functioning and his/her sense of personal well being.



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#2 - SANDPLAY THERAPY



Sandplay is a holistic approach to counselling. By using miniature objects that represent all aspects of life, the client will clearly display their inner world. It is a deep process which shows the client what underlies the current situation that they are presenting.

Sandplay allows a movement within the client that is profound. It identifies unspoken issues and brings solutions. Sandplay is for everyone. Children love it and adults marvel it.



Sandplay is hands on psychological work. It is a powerful therapeutic technique that facilitates the psyche's natural capacity for healing. Sandplay helps honour and illuminate the client's internal symbolic world and provides a place for its expression within a safe container, the tray filled with sand.

Sandplay is a RAPID method that gets to the heart of the issue quickly and easily. It bypasses the mind. There is always a solution to be found.



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#3 - DRUM THERAPY



Drum Therapy is an ancient approach that uses rhythm to promote healing and self-expression. From the Shamans of Mongolia to the Miniaka healers of West Africa, therapeutic rhythm techniques have been used for thousands of years to create and maintain physical, mental, and spiritual health.



Drumming therapy makes you happy, induces deep relaxation and aligns your body and mind with the natural world. Other studies have demonstrated the calming, focusing, and healing effects of drumming on Alzheimer's patients, autistic children, emotionally disturbed teens, recovering addicts, trauma patients, and prison and homeless populations.

Study results demonstrate that drumming is a valuable treatment for stress, fatigue, anxiety, hypertension, asthma, chronic pain, arthritis, mental illness, migraines, cancer, multiple sclerosis, Parkinson's disease, strokes, paralysis, emotional disorders, and a wide range of physical disabilities.



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#4 - LAUGHTER THERAPY



Laughing is an excellent way to reduce stress in our lives, and can help you to survive a stressful lifestyle. Laughing provides a full – scale workout for your muscles & unleashes a rush of stress – busting endorphins. Laughter is a natural medicine. It lifts our spirits and makes us feel happy. Laughter is a contagious emotion. It can help us feel more alive and empowered.



Research Supports Laughter Therapy: A growing body of research supports the theory that laughter has therapeutic value. For years the use of humour has been used in medicine. Studies have revealed that episodes of laughter helped to reduce pain, decrease stress – related hormones and boost the immune system in participants.

Medical journals have acknowledged that laughter therapy can help improve quality of life for patients with chronic illnesses. Many hospitals now offer laughter therapy programs as a complementary treatment.



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#5 - DRAMA THERAPY



Drama therapy is the intentional use of drama and / or theatre processes to achieve therapeutic goals. Drama therapy is a type of psychotherapy using the art forms of drama and theatre. It is one of the Creative Art Therapies which include, art, music, drama and dance/movement. It can be offered individually or in groups.

Drama therapy sessions offer a space to express feelings and enhance spontaneity using various methods including play, storytelling and movement. In working creativity we hope to promote psychological healing and growth.



Drama therapy is active and experiential. This approach can provide the context for participants to tell their stories, set goals and solve problems, express feelings, or achieve catharsis.

Through drama, the depth and breadth of inner experience can be actively explored and interpersonal relationship skills can be enhanced. Participants can expand their repertoire of dramatic roles to find that own life roles have been strengthened.



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#6 - HYPNOTHERAPY



Hypnotherapy is a type of complementary and alternative medicine in which the mind is used to help with a variety of problems – such as breaking bad habits, managing behaviour or coping with stress.

Hypnosis can be used in two ways, as suggestion therapy or for patient analysis. Suggestion therapy: The hypnotic state makes the person better able to respond to suggestions. Therefore, hypnotherapy can help some people change certain behaviours such as stopping smoking or nail biting.



Hypnosis, or hypnotherapy – uses guided relaxation, intense concentration and focused attention to achieve a heightened state of awareness that is sometimes called trance. The person's attention is so focused while in this state, that anything going on around the person is temporarily blocked out or ignored.

In this naturally occurring state, a person may focus his or her attention – with help of a trained therapist – on specific thoughts or tasks.



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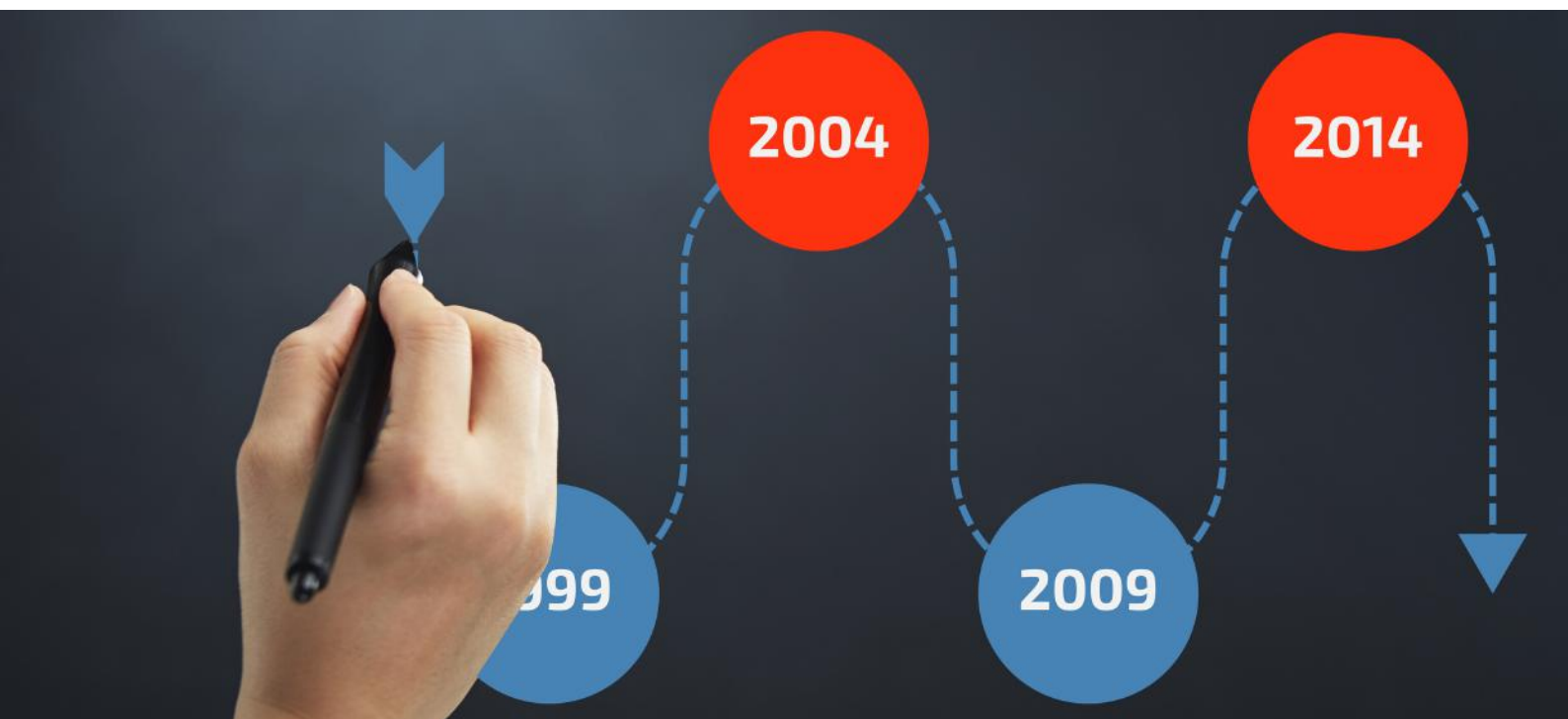
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#7 - TIMELINE THERAPY



Time Line Therapy uses the individuals own internal “Time Line” by working with their Unconscious Mind in several ways which include healing emotional traumas and eliminating unwanted thoughts, emotions and behaviours in minutes rather than days, months or years.

Time Line Therapy means that finally, you can have freedom from your past allowing you to have your future by design.



Time Line Therapy is so highly regarded that the Council of Psychotherapy in Croatia asked to be trained so they could assist many of the victims of the war who were enduring post traumatic stress disorders.

Time Line Therapy has been so successful in producing results that it has been utilised for over a decade by thousands of people including psychologists, psychiatrists, life coaches, business coaches and sport coaches.



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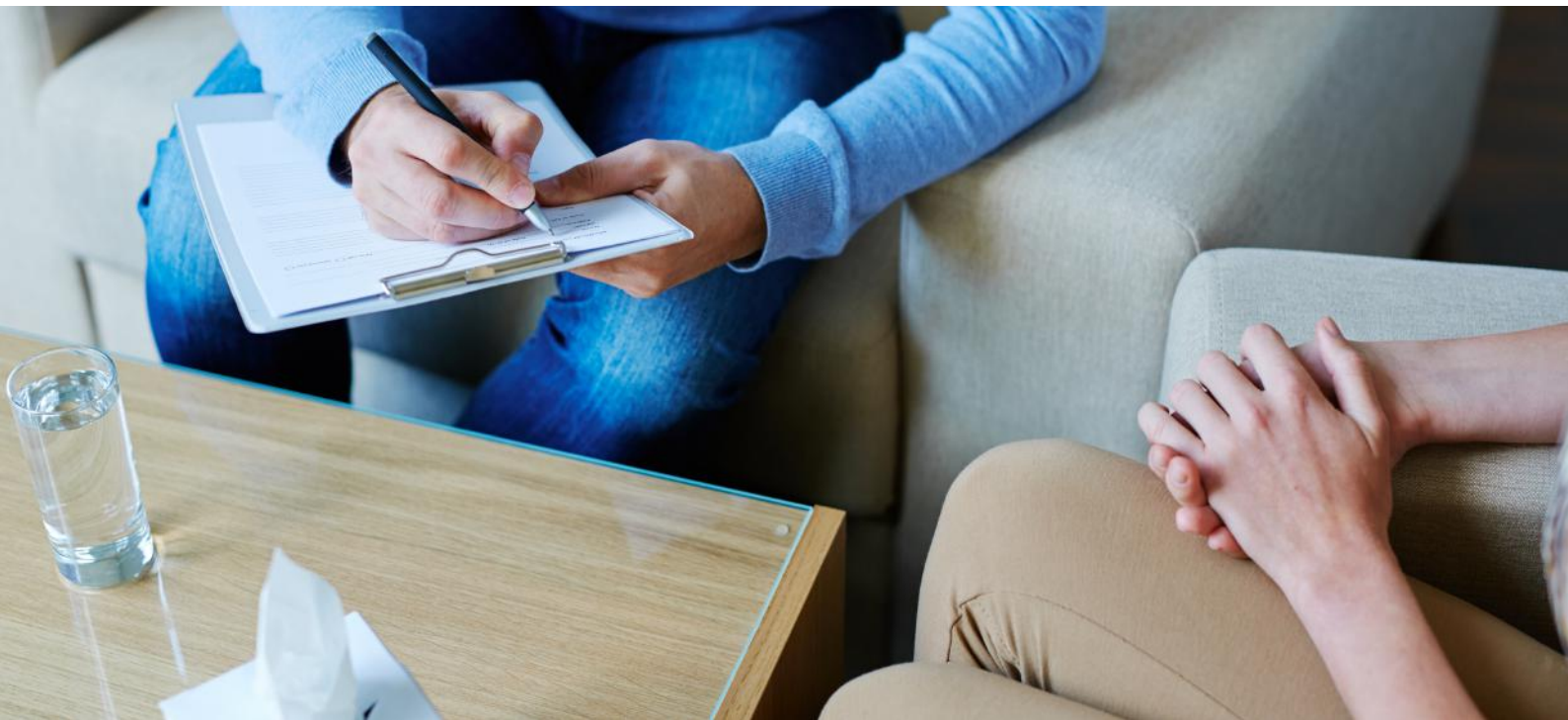
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#8 - PSYCHOTHERAPY



Psychotherapy is a group of therapies provided by a psychologist, counsellor or psychiatrist. Psychotherapy explores your feelings, thoughts and behaviours that are distressing you and to work towards changing these. It can be used by people with mental health conditions, and it can also be used by people who want to understand themselves better.

Psychotherapy does not do away with stressful events, but it gives you the power to cope in a healthy way. It can also help you understand yourself



Psychotherapy can be used to treat:

* Depression * Bipolar disorder * Anxiety * Obsessive compulsive disorder * Schizophrenia and other psychotic disorders * Post-traumatic stress disorder * Borderline personality disorder or dependent personality disorder * Phobias * Panic disorder * Addictions (including alcoholism, drug dependence and gambling addiction) * Eating disorders such as anorexia nervosa and bulimia.



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#9 - NEURO LINGUISTIC PROGRAMMING (NLP)



NLP is about understanding how people think, feel and communicate when producing the results that they do.

It provides us with techniques that helps us to model excellent behaviour in ourselves and others, so that we, and they can also achieve excellent results.



The neuro element refers to our nervous system and describes how we process experiences through our senses.

The linguistic element describes how we organise and store our experiences and the programming element refers to programs that we can utilise to achieve our own specific desired outcomes.

NLP is how we use the language of the mind to consistently achieve our desired outcomes.



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#10 - MUSIC THERAPY



Music therapy is another fun therapy that helps with brain connectivity as movement and dance are fun ways to enhance brain function. It is a research-based practice and profession in which music is used to actively support people as they strive to improve their health, functioning and wellbeing. Music therapists incorporate a range of music making methods within and through a therapeutic relationship.

With Music Therapy, you will be able to: • develop self and other awareness • improve your confidence. • enhance self-esteem • build trust • improve interaction and socialisation • decrease muscle tension • increase coordination, stamina, and flexibility.



Combined, movement/music therapy encourages physical responses and interactions in individual and group settings to enhance physical and emotional health.

Proven Benefits of Music Therapy: 1. Music therapy reduces anxiety and physical effects of stress 2. It improves healing 3. It can help manage Parkinson's and Alzheimer's disease 4. Music therapy reduces depression and other symptoms in the elderly 5. It helps to reduce symptoms of psychological disorders including schizophrenia 6. Music therapy improves self-expression and communication



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LOOKING FOR HELP?



Thanks for taking the time to download our booklet 'The 9 Types Of Therapy' - If you or your child are currently struggling with issues (past or present), you need to know you are not alone...and there is help.

Empowered Therapy is an Australian based business providing a range of therapies and counselling to help individuals and families who may be in need of some additional help.

Our belief is that by providing a range of services in a "one stop shop", we are able to fully meet the complex needs some people experience. Our current range of services includes:

- Art therapy
- Sand-play
- Laughter
- Drumming and drama therapies
- Life-skills therapies
- Hypnotherapy
- Time Line Therapy
- Neuro-Linguistic Programming (NLP Practitioners)
- Individual / group programs / camps/ workshops/training.
- Community Support Workers



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