

Recovery from Childhood Trauma Through Creative Therapies: Neurosequential Play Therapy Case Study

A central challenge for creative therapists lies in identifying and implementing developmentally sensitive interventions that effectively support healing and recovery in children who have experienced developmental trauma. This challenge is compounded by the need to address disruptions that occurred at critical periods of neurodevelopment. Clinicians must consider how therapeutic approaches can honour and integrate the child's somatic, neurological, autonomic, and attachment-related needs. There is also a need to explore how interventions can facilitate unconscious and subcortical processes (those that operate beyond verbal cognition) to strengthen foundational regulatory systems and promote enduring recovery.

The objective of this presentation is to examine the application of the Neurosequential Model of Therapeutics (NMT) as a trauma-informed, developmentally sensitive framework for guiding clinical decision-making and therapeutic interventions. It also evaluates a child's progress through play therapy using the NMT brain metric, with a particular focus on development in the domains of sensory integration, self-regulation, relational functioning and cognition.

Presenter: Bianca Bird



Bianca Bird is a Registered Play Therapist, RPT-S, Clinical Supervisor and NMT Clinician in Adelaide based Private Practice (Nest Counselling and Consultation) and her qualifications include a Bachelor of Psychology and a Master of Social Science (Counselling). Bianca has extensive therapeutic experience working with children and families. Her career started in a student wellbeing role in a government primary school, before moving into various Child Protection roles within a large NGO in SA, including Specialist Foster Care providing therapeutic and trauma-informed interventions for children with high and complex needs. Bianca then further specialised by becoming an NMT Clinician and completing Post-Graduate Certificates in both Developmental Trauma and Clinical Play Therapy.

Presenters Professional Affiliations

APPTA (Australasian and Pacific Play Therapy Association)

APTA (Australian Play Therapists Association)

PACFA (Psychotherapy and Counselling Federation of Australia)

Nest Counselling and Consultation (private practice)

Child Trauma Academy

