CHILD & ADOLESCENT PSYCHOLOGY · RESERVOIR, MELBOURNE

Saga Psychology

Helping children, teens and families grow through play and connection.

Saga Psychology

Level 1, 291A Spring Street, Reservoir VIC

sagapsychology.com.au · (03) 8535 2823

Medicare rebates may be available with a GP referral. NDIS participants welcome.

Enquire today

Welcome

We're so glad you're here.

Reaching out for support for your child or teenager is an important step, and we know it isn't always an easy one. Whether you've noticed something that worries you, you've been referred by your GP, paediatrician or school, or you're simply looking for information, you're in the right place.

At Saga Psychology, we work with children, teenagers and their families in a warm, relationship-based way. We believe every child has an inner capacity to grow, and that parents and carers are important partners along the way.

In this pack

- What Child-Centred Play Therapy, Filial Therapy and Animal Assisted Play Therapy involve
- Our services at a glance
- A little about me and how I work
- How to get in touch

If you have any questions after reading, please call or email. We're always happy to talk things through before you book.



Dr Saga Arthursson
Psychologist and founder, Saga Psychology

SAGA PSYCHOLOGY · RESERVOIR, MELBOURNE

What is Child-Centred Play Therapy?

A gentle, play-based therapy for children aged 3 to 14

Play is a child's language

Young children often can't put big feelings or experiences into words. In Child-Centred Play Therapy, toys, play and imagination give them a safe way to express what is going on for them, at their own pace.

How it works

- A specially set-up playroom with toys chosen to help children express themselves
- Your child leads the play, and the therapist follows with warmth and understanding
- Gentle, consistent limits keep the space safe and predictable

It may help children who are:

- feeling anxious or worried
- having big emotions or angry outbursts
- withdrawn or low in mood
- adjusting to change, grief or loss
- affected by difficult experiences
- finding friendships or school hard

We also support autistic children and children with ADHD.

What to expect

1

Parent consultation

We start by meeting with you to understand your child and your concerns.

2

Regular play sessions

Consistent sessions in our playroom help your child feel safe and secure.

3

Parent reviews

We meet regularly to share progress and ways to support your child at home.

Saga Psychology

Level 1, 291A Spring Street, Reservoir VIC

sagapsychology.com.au · (03) 8535 2823

Medicare rebates may be available with a GP referral. NDIS participants welcome.

Enquire today

SAGA PSYCHOLOGY · RESERVOIR, MELBOURNE

What is Filial Therapy?

Parents as partners

Filial Therapy teaches parents the core skills that play therapists use, so you can support your child's emotional wellbeing at home, through play. It was developed by Bernard and Louise Guerney in the 1960s.

How it works

- Learn child-centred play skills with a trained play therapist
- See the skills demonstrated, then practise them with support
- Hold special playtimes with your child at home, with ongoing feedback

What parents learn:

- to listen and name feelings
- to set limits calmly and kindly
- to build confidence and self-esteem
- to run regular, predictable playtimes
- to create an accepting space at home
- to respond to hard moments with calm

For families with children aged about 3 to 14.

What to expect

1

Initial Consultation

We talk about your child, your family and your goals.

2

Skills sessions

Learn and practise play skills in a supportive, non-judgemental setting.

3

Special playtimes

Use the skills at home, with regular support from your therapist.

Saga Psychology

Level 1, 291A Spring Street, Reservoir VIC

sagapsychology.com.au · (03) 8535 2823

Contact us to discuss funding options, including the NDIS for eligible participants.

Enquire today

SAGA PSYCHOLOGY · RESERVOIR, MELBOURNE

What is Animal Assisted Play Therapy?

Relationship-based therapy for young people aged 14 and over, with our therapy dog in training, Blaise.

A different way in

Talking to a therapist can feel daunting. Working alongside a therapy dog, young people can relax, build trust and explore feelings and challenges in a way that feels less pressured.

How it works

- Playful training games that build patience and confidence
- Learning to read a dog's body language, building empathy and understanding
- Calm, shared time that many young people find settling

It may suit young people who are:

- feeling anxious or low
- finding social situations hard
- low in confidence
- finding talk-based therapy hard
- neurodivergent and connect through activity
- wanting a gentler start to therapy

Based on the model developed by Dr Risë VanFleet. The dog's wellbeing always comes first.

What to expect

1

Initial Parent Consultation

We discuss goals, allergies and any fears of dogs.

2

Planned sessions

Blaise's involvement is always planned and supervised.

3

Ongoing review

We check in on progress with you and your young person.

Saga Psychology

Level 1, 291A Spring Street, Reservoir VIC

sagapsychology.com.au · (03) 8535 2823

Contact us to discuss funding options, including the NDIS for eligible participants.

Enquire today

SAGA PSYCHOLOGY · RESERVOIR, MELBOURNE

Supporting children, teens and families

Child and adolescent psychology in Melbourne's northern suburbs.

Our work is grounded in **child-centred** and **person-centred** therapy. Every young person is met with empathy, acceptance and a genuine belief in their capacity to grow.

Our services

AGES 3 TO 14

Child-Centred Play Therapy

Children work through feelings and experiences through play, their natural language.

FOR PARENTS

Filial Therapy

Parents learn play therapy skills to strengthen their bond with their child at home.

ADOLESCENTS

Person-Centred Therapy

A space for teens to talk, reflect and find their own way forward, at their own pace.

AGES 14 AND OVER

Animal Assisted Play Therapy

Relationship-based therapy alongside our therapy dog in training, Blaise.

We support young people with

- **anxiety and worry**
- **big emotions**
- **low mood**
- **trauma and difficult experiences**
- **grief, loss and family change**
- **friendships and school**
- **autism**
- **ADHD**

Parents are involved throughout. Therapy starts with an Initial Parent Consultation, and we meet regularly with parents to review progress and share ways to help at home.

Saga Psychology

Level 1, 291A Spring Street, Reservoir VIC

sagapsychology.com.au · (03) 8535 2823

Medicare rebates may be available with a GP referral. NDIS participants welcome.

Enquire today



ABOUT SAGA PSYCHOLOGY

Meet Dr Saga Arthursson

Psychologist and founder of Saga Psychology

About me

I'm a psychologist and the founder of Saga Psychology in Reservoir. I work with children, adolescents and their families, with a particular interest in supporting autistic children, children with ADHD and other neurodivergent young people.

My approach

My work is grounded in humanistic, person-centred psychology. I believe every child has an inner capacity to grow, and that the relationship between child and therapist is at the heart of change. In practice, that means following each child's lead, respecting who they are, and working closely with parents along the way.

Qualifications and training

- Doctoral qualification Peadiatrics, University of Melbourne
- AHPRA-registered psychologist PSY0002407948
- Child-Centred Play Therapy training with Brenna Kicks, The Kids Counselor
- Filial Therapy training with Helen Younan Barrett, The Family Systems Hub

Working alongside Blaise

Blaise is my therapy dog in training. She is completing obedience training and working towards her therapy dog certification, and is joining clinic life gradually, at a pace that suits her.

If you'd like to talk about whether we're a good fit for your child or family, I'd be glad to hear from you.

Saga Psychology
Level 1, 291A Spring Street, Reservoir VIC
(03) 8535 2823 · admin@sagapsychology.com.au
sagapsychology.com.au

Get in touch



Get in touch

We're happy to answer your questions and talk through whether we're a good fit for your child and family.

PHONE

(03) 8535 2823

EMAIL

admin@sagapsychology.com.au

WEBSITE

sagapsychology.com.au

VISIT US

Level 1, 291A Spring Street, Reservoir VIC

Medicare rebates may be available with a referral from your GP or paediatrician. NDIS participants are welcome.

Saga Psychology is not a crisis service. If you or your child are in immediate danger, call 000. For 24/7 support: Kids Helpline 1800 55 1800 · Lifeline 13 11 14.