



PLAY THERAPY INTERNATIONAL: SUPERVISORS



RENÉ OHLHOFF



ESMARI LE ROUX



AMBER BONARIUS



STEF CONRADIE



CATHERINE JVR



CATHERINE MARTIN



CATO TERBLANCHE



LEE MATTHEWS



ALIDA BOTES



BEHANCA SMAL



ELZANNE LE ROUX



SHAREÉ HUYSAMEN



DOT ROUX



SANET GROBLER



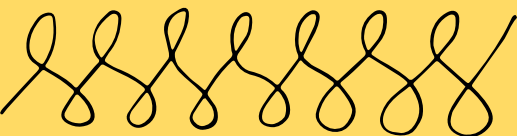
CARLA SCHEEPERS



NEDA O'DONOVAN



**WESTERN CAPE
SUPERVISORS**





BEL RYKENBERG



JENNA HILL



SANDY MEYER



KWA ZULU NATAL SUPERVISORS



GAUTENG SUPERVISORS



SIMONE ROBINSON



BRIE RIVERA



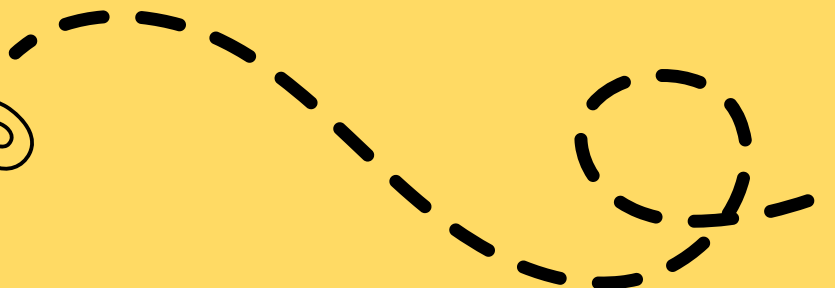
CLAUDI DEVEL



LETITIA STEYN



SIMONE HALLAM



**FREE STATE
SUPERVISORS**



SINEAD VAN NIEKERK



**MPUMALANGA
SUPERVISORS**



HAYLEY RONALD



ESTIE VAN RENSBURG



**NORTH WEST
SUPERVISORS**



LIZETTE DU PLESSIS

**NORTHERN
CAPE
SUPERVISORS**



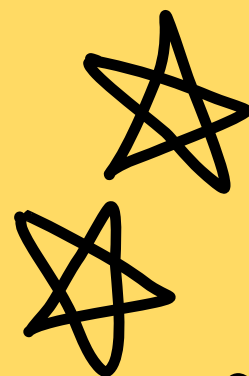
**KENYA BASED
SUPERVISORS**

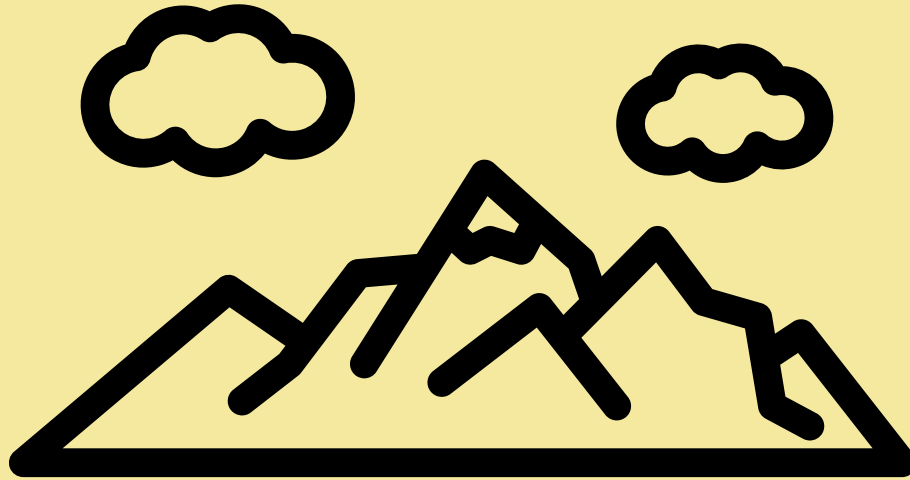


HARRIET BENSON



SARAH KRUGER





WESTERN CAPE SUPERVISORS

WELGEMOED, WESTERN CAPE

MEET RENÉ

PLAY THERAPY & FILIAL

René is a Cape Town based play therapist and was born and raised in South Africa. She completed her Masters degree in Practice Based Play Therapy from Canterbury Christ Church University in the United Kingdom in 2014. She is an Accredited Play Therapist with Play Therapy International a certified as a Synergetic Play Therapist. She has also been trained in TraumaPlay and TheraPlay. She is also a local representative for Play Therapy International's accredited training courses.

Her and her husband have been blessed with two gorgeous little girls, from whom she has learnt as much as all her studies combined. They have taught her that our feelings, thoughts and behaviour have an influence on one another and how important and wonderful it is to have a secure bond between parent and child.

LANGUAGE: ENGLISH & AFRIKAANS

FAVOURITE ASPECT OF THE TOOL KIT: MOVEMENT

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST?

CONDENSE MILK (IF YOU KNOW YOU KNOW)

EMAIL: RENE.OHLHOFF@YAHOO.CO.UK

BRACKENFELL, WESTERN CAPE

MEET ESMARI

PLAY THERAPY

Esmari is a certified Play Therapist and qualified Social Worker with experience in both statutory and school social work. She has a deep passion for helping children navigate their emotional worlds. She runs her own practice based in Brackenfell, Western Cape, where she offers a safe and supportive space for children to explore their emotions.

Esmari works with children facing a range of challenges, including trauma, anxiety, grief, behavioural concerns, and family dynamics. She takes a child-centered, holistic approach, collaborating closely with parents to support each child's unique needs.

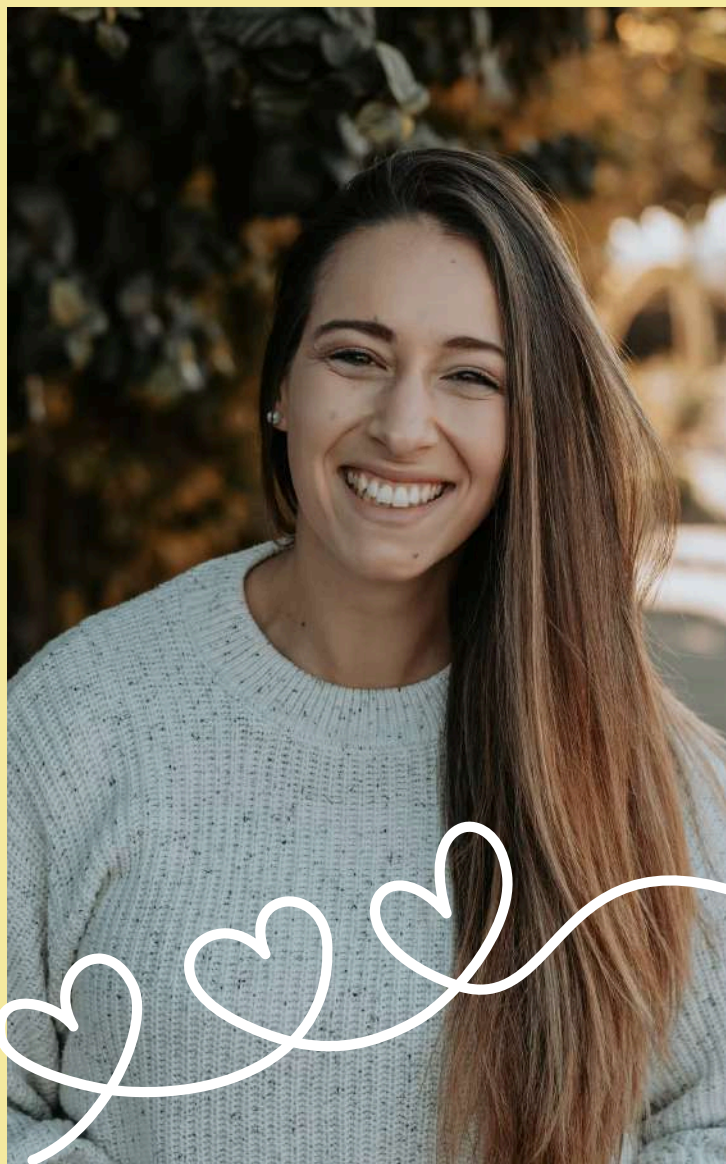
Her favorite therapeutic tools are stories and art, which help children unlock healing and self-expression. With a strong belief in the power of play, she strives to make therapy an enriching experience for children and parents.

Esmari is also passionate about providing supervision for other professionals in the field, offering guidance in both Afrikaans and English. She welcomes the opportunity to walk alongside both children and colleagues on this meaningful and transformative journey.

LANGUAGE: AFRIKAANS & ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: STORIES & ART

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST?
A COFFEE



EMAIL: ESMARI.PLAYTHERAPY@GMAIL.COM

SOMERSET WEST, WESTERN CAPE

MEET AMBER

PLAY THERAPY & FILIAL

Amber Bonarius is a passionate play therapist based in Somerset West, specializing in emotional regulation at a deeper level within the nervous system. With a background in teaching, including having previously owned her own preschool, Amber brings a unique perspective to her work with children. Currently working toward her Synergetic Play Therapy certification, Amber is only the second certified Synergetic Play Therapist in South Africa. This advanced training equips her to support children in building emotional resilience and navigating complex emotional experiences.

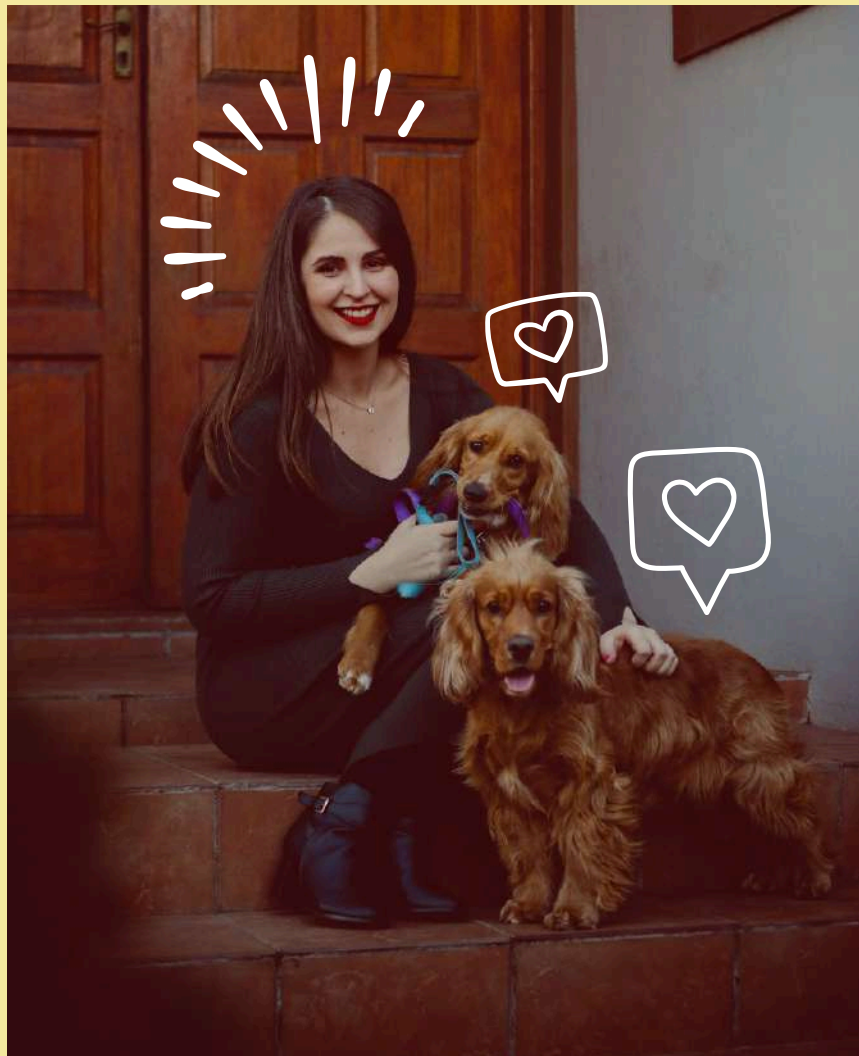
In addition to her Synergetic Play Therapy journey, Amber is furthering her expertise through Filial Play Coaching, enhancing her ability to empower both children and parents in the therapeutic process. Beyond her private practice, Amber contributes to Play Therapy International South Africa's Instagram page, where she shares insights and engages with the play therapy community through creating Instagram Reels and TikToks.

When she's not working, Amber enjoys time with her husband Simon and their two golden cocker spaniels, Lisbon and Havana. She also loves exploring her creative interests, especially photography. Amber is deeply committed to helping children and families heal, grow, and thrive in a safe, nurturing space.

LANGUAGE: AFRIKAANS & ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: THE ART SUPPLIES!

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST?
MY TRUSTY RING LIGHT TRIPOD—I'M ALWAYS READY TO MAKE TIKTOKS OR INSTAGRAM REELS, NO MATTER WHAT!



EMAIL: AMBERBONARIUS@ICLOUD.COM

MEET STEF

PLAY THERAPY

RONDEBOSCH, WESTERN CAPE

Stef is a licensed Occupational Therapist and internationally registered Play Therapist. She completed her Occupational Therapy degree in 2009 and has worked in the field of paediatrics for over a decade.

Stef specialised in Play Therapy through PTI and Leeds Beckett University in the UK and is currently enrolled in the Masters Programme through Apac and the University of Chichester. Her research interests include the management of childhood constipation, withholding and encopresis through the use of play therapy using an integrative holistic approach.

Stef has additional training in Early Developmental Trauma and Synergetic Play Therapy. She is passionate about empowering parents and caregivers to become an integral part of their child's journey and she strives to honour the unique strengths of every family. Her passion for celebrating each child's unique differences and strengths shines through in her work—and she's even started a T-shirt company that advocates for inclusion and celebrates diversity, aimed at therapists, teachers and families alike. Stef lives with her partner, baby boy and chocolate labrador in Cape Town and looks forward to walking beside you on this journey!

LANGUAGE: ENGLISH

**FAVOURITE ASPECT OF THE TOOL KIT:
A SANDTRAY AND DOLLHOUSE**

**ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP
YOU AS A PLAY THERAPIST?
STANLEY CUP AND HAND SANITIZER**



EMAIL: STEFCONRADIE.OT@GMAIL.COM

MOSELBAY, WESTERN CAPE



EMAIL:
CATHERINEJANSENVANRENSBURG@GMAIL.COM

MEET CATHERINE PLAY THERAPY

Catherine is a qualified and registered Narrative Counsellor and holds both a Bachelors degree in Counselling Psychology, as well as Pastoral Psychology. She has completed both her certificate and diploma level of Play Therapy and is also a qualified and registered Sandplay Practitioner with AST and an Art Therapist.

Catherine has been working in private practice for the last 20 years and has a passion for family relationships and child counselling. Catherine sees the family and teachers as a unit in the child's life and works closely with parents and teachers to make sure the children receives the best help possible. She is passionate about reaching children in the underprivileged communities and devotes one day a week to working voluntarily at Milkwood Primary school in Mossel Bay.

Catherine also make use of a therapy dog, Finn the Golden Retriever, in her playroom and practice. She is the proud owner of Finn, Dakota (German Shepard) and Skaramanga the Chocolate Labrador currently in training to also work in practice.

Catherine holds a very creative outlook to therapy and the sandtray is her favourite part of the toolkit. When at home Catherine enjoys fiber arts such as dying and spinning her own wool for crochet and weaving projects. She is also an avid potter and loves creating beautiful garden art and dinner ware.

In the playroom Catherine loves the pilates ball. It helps her focus and channel her sometimes nervous energy in the right direction!

LANGUAGE: AFRIKAANS & ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: SAND TRAY

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST? A PILATES BALL

MEET CATHERINE

PLAY THERAPY

Catherine Martin holds a BA and Honours degree in Psychology and has completed the certificate and diploma training in Play Therapy, she is a registered counsellor and Play Therapist. Catherine Martin has dedicated most of her life to working with children in many different settings and feels that by using an eclectic psychological approach to her practice, she is able to reference from CBT, Neuropsychology, Play Therapy, the Eco-systemic perspective, and PCT, together with incorporating spiritual approaches such as meditation, therapeutic storytelling, creative visualization, and reiki for children. She believes that understanding the complexities of all human functioning lies in our individuality. Outside of work, Catherine Martin is a single mother to two beautiful girls and enjoys crafting, hiking, beach walks, animals and nature.

LANGUAGE: ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: SANDTRAY

**ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST?
SPECKLES AND MAGIC. MY TWO DOGS.**

PLETTENBERG BAG, WESTERN CAPE



EMAIL: BUTTERFLYCOUNSELING33@GMAIL.COM

DURBANVILLE, WESTERN CAPE



EMAIL: CATO.TERBLANCHE@GMAIL.COM

MEET CATO

PLAY THERAPY & FILIAL

Cato is a Certified Play Therapist who is based in Durbanville. She has completed her Certificate and Diploma in Play Therapy and is in the process of completing her Filial Coaching Certificate. She is also a Qualified Social Worker with more than 25 years' experience working in several children and family teams. This includes international experience while working in the UK and Australia.

In her practice, she offers play therapy for children and filial coaching with parents/caregivers. Thanks to her working experience in a hospital, she has developed a special interest in Play Therapy with sick and hospitalised children. While working in a Paediatric Oncology Department she has witnessed many children struggle with life's challenges and decided to focus on Play Therapy. She believes the experience of play therapy is magical. A gift through play, children have a voice while facing challenging life events. She is excited to share her knowledge, experience and offer guidance and support for PTI students.

Cato enjoys spending time outdoors, mountain biking, hiking, travelling, reading and quality time with friends and family.

LANGUAGE: AFRIKAANS & ENGLISH

**FAVOURITE ASPECT OF THE TOOL KIT:
MY MINI PLAY HOSPITAL AND MEDICAL PLAY CORNER**

**ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS
A PLAY THERAPIST? MY VACUUM CLEANER FOR QUICKLY
CLEANING THE PLAYROOM AFTER A SESSION**

MEET LEE

PLAY THERAPY

Lee is a certified Play Therapist and has worked with children and parents for the past 25 years. Her background is in education and she has taught in a variety of different settings, in England and South Africa, such as Mainstream schools, Montessori schools, and has even owned her own play school.

Lee is also a children's mindfulness and yoga teacher and has a heart for emotional and social development. In her private practice, she offers play therapy for children and consulting for caregivers as well as works with children at a local school and community.

Lee is passionate about attachment, developmental trauma and neuroscience, so these theories underpin a lot of her work. She has completed her Level one Introduction to Synergetic Play Therapy and Intergrated Attachment Family Training. She has experience working with adoption and foster cases as well as high trauma cases.

Lee feels she has developed her knowledge and skills through having supportive clinical supervision, and would like to help other therapists the same way!

She currently lives with her husband and two children on a farm in Stilbaai and looks forward to walking beside you on this exciting journey!

LANGUAGE: ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: MY SENSORY BOX!

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST? SOUR WORMS AND A WATER BOTTLE CLOSE BY TO HELP ME REGULATE!

STILLBAAI, WESTERN CAPE



EMAIL:

LEEMATTHEWSPLAYTHERAPY@GMAIL.COM

GEORGE, WESTERN CAPE



MEET ALIDA PLAY THERAPY

Alida is a Registered Play Therapist and Clinical Supervisor for Play and Creative Arts Therapist with many years of experience working across a range of settings, including Education, Private Practise and Community Services.

She is also a Specialised Wellness Counsellor and a Circle of Security Facilitator. Alida has worked as a Play Therapist since 2016 and has an ongoing commitment to further study and professional learning.

Alida completed her qualification of Play Therapy through PTUK and Leeds Beckett University. Alida has experience supporting children with a variety of behaviours and difficulties.

She values the important role families and carers play in children's growth and development and enjoys helping families learn and develop new skills to support their children through co-regulation and therapeutic parenting.

Alida currently works as a Play Therapist at a local school and as a supervisor supporting therapists across South Africa and internationally.

Her strengths are encouragement and support. Being sincere and seeing the bigger picture of a situation is what comes naturally for her. Working with people and especially children has taught her to be gentle, kind and flexible.

**LANGUAGE: ENGLISH & AFRIKAANS
FAVOURITE ASPECT OF THE TOOLKIT: SANDTRAY
NE THING YOU ALWAYS HAVE CLOSE BY TO HELP
YOU AS A PLAY THERAPIST? I ALWAYS HAVE
HANDCREAM WITH ME...MY OWN CALMING
STRATEGY!**

EMAIL: ALIDA.BOTES@OUTLOOK.COM

MEET BEHANCA

PLAY THERAPY

Behanca is a bubbly, qualified social worker registered with the South African Council for Social Service Professionals (SACSSP) and Play Therapy International (PTI), with a background in play therapy and child protection. With four years of experience in the field, she has a genuine passion for helping people and specializes in play therapy for young children, particularly in cases of trauma, emotional regulation, and attachment challenges. Behanca believes in creating a warm, non-judgmental space where children feel safe to explore their emotions.

Her passion for social work grew from a desire to support young people through challenging times and help them build resilience—a vision that aligns closely with the role of play therapy in helping children. Known for her easygoing nature, Behanca connects effortlessly with others and brings fun and positivity to any situation.

Outside of work, she loves spending time with friends and family, staying active, and exploring her creative side. Always up for a fun time, she believes in the balance of “work hard, play hard.”

LANGUAGE: AFRIKAANS & ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: DON'T MAKE ME CHOOSE!!

**ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST?
A GLASS OF WINE**

ROBERTSON, WESTERN CAPE



EMAIL: BEHANCA@THECHANGESTUDIO.CO.ZA

CALEDON, WESTERN CAPE



MEET ELZANNE

PLAY THERAPY

Elzanne is a certified Play Therapist and registered member of PTISA and ASCHP and has worked with children and their parents for more than a decade. She holds a Bachelor Honours Degree in Early Childhood Development and did further studies in Psychology. Her work is grounded in a commitment to meeting people where they are and supporting them as they work towards personal and professional growth. She currently lives with her husband and children on a farm outside the magical Caledon, Western Cape. Having two children of her own helps her to connect to parents and support little ones through their own challenges.

Elzanne looks forward to supporting and growing with you as you both tackle this journey together!

LANGUAGE: AFRIKAANS & ENGLISH

**FAVOURITE ASPECT OF THE TOOL KIT:
THERAPEUTIC STORIES**

**ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP
YOU AS A PLAY THERAPIST?
SOMETHING CRUNCHY TO EAT BETWEEN SESSIONS
TO REGULATE.**

EMAIL: ELZANNEVISSER@GMAIL.COM

MEET SHAREE

PLAY THERAPY

DURBANVILLE, CAPE TOWN

Hi, this is Sharee. She is a qualified registered counsellor, PTi registered play therapist and qualified teacher. She has a diverse background in education, mental health, and substance use counselling. Sharee started her career as a school teacher and from there continued her studies in Psychology to become a registered counsellor. Her counselling career started in 2011 within the substance use and mental health field. In 2019 she started her Play Therapy journey and qualified as a PTi registered play therapist in 2023. In 2020, Sharee took the leap to establish her own practice, where she offers therapy that blends her expertise in counselling, play therapy, and educational support. Sharee's philosophy is centered around the belief that play is a powerful tool for healing, learning, and connection, and she is committed to helping children and families cultivate resilience, emotional awareness, and strong relationships. Whether in the classroom, the therapy room, or at home, she strives to create environments where individuals feel seen, heard, and supported.

With years of experience in teaching and supporting young people and adults through their struggles, she has developed a deep understanding of the challenges faced in today's world.

This has not only shaped her professional approach but also transformed her personal journey as a mother. Raising two young children, aged 6 and 4, she believes wholeheartedly in the power of play, emotional regulation, and deep connection to foster healthy development in both children and adults.

She is currently expanding her skill set by studying to become a AST certified sand play practitioner, TRE (Trauma and Tension Releasing Exercises) instructor, and Filial Play Coach, deepening her ability to support clients through various therapeutic modalities.

Outside of work, Sharee has a deep passion for knitting, sewing and reading. Knitting and sewing have long been a way for her to unwind, explore new techniques, and bring a little creativity into her world. These hobbies aren't just pastimes—they are part of a slower, more intentional way of living, where mindfulness, creativity, and curiosity meet. Whether through the rhythmic movement of knitting needles or the turning of a book's pages, she is always seeking to learn, create, and explore.

LANGUAGE: AFRIKAANS & ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: SANDTRAY

**ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST?
WET WIPES WITHOUT A DOUBT!**



EMAIL: SHAREE@SHAREEHUYSAMEN.CO.ZA

SOUTHERN SUBURBS, WESTERN CAPE



MEET DOT

PLAY THERAPY

As a Play Therapist with a passion for creative expression, Dot uses creativity and a deep understanding of child development to help children navigate life's complexities. With roots in Psychology (Honours) and specialized training in Play Therapy as well as a great deal of experience working with children with various Neurodiversities, she feels privileged to support children across all spectrums as they face challenges at school and/or home.

She's based in Cape Town's Southern Suburbs & draws on her Honours in Psychology and Diploma in Play Therapy to create a safe, expressive space for her young clients. Her passion extends to mentoring new Play Therapists, watching them blossom, as they gain experience and confidence in their skills.

Her toolkit favourites? The expressive world of Sand Tray and Clay, paired with the calming power of Mindfulness. As a seasoned Play Therapist, she's developed a special interest in supporting Neurodiverse children with ADHD, Autism, and Sensory Processing difficulties. She thrives on challenge and creativity! You can find at Kronendal Primary School in Houtbay two days a week, or in her Private Practice based in Kenilworth.

When not working as a therapist or supervisor, Dot can be found playing in the mountains, practicing yoga, snuggling with her furry friends, or lost in a good book

LANGUAGE: ENGLISH

FAVOURITE ASPECT OF THE TOOLKIT: SANDTRAY & CLAY AND MINDFULNESS PRACTICES

NE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST? A FURRY FRIEND CLOSE BY

EMAIL: DOT@PLURISYNC.BIZ

GEORGE, WESTERN CAPE

MEET SANET PLAY THERAPY

Sanet is a certified Play Therapist and has worked with children for the past 15 years. She has a background in Industrial Psychology, and founded the company Illuminated Growth in 2012. The company's focus is study skills and staff development, and in 2019 her journey with play therapy brought more insight and growth in her practice. Sanet's passion for developing potential in children has been the driving force behind her work with children and schools over the last decade. Her practice is guided by empathy, compassion and the strong belief that children hold an innate ability to heal, renew, and grow—often in ways we, as adults, can only begin to understand. She currently lives in George and is excited to start on this journey with you.

LANGUAGE: AFRIKAANS & ENGLISH

FAVOURITE ASPECT OF THE TOOLKIT: CLAY

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST? I ALWAYS HAVE SOME SORT OF SENSORY TOY CLOSE BY, TO HELP ME STAY IN THE MOMENT AND REGULATE MYSELF! AND YES – DEFINITELY A STANLEY CUP CLOSE BY!

EMAIL: ILLUMINATEDGROWTH@GMAIL.COM

DURBANVILLE, WESTERN CAPE



MEET CARLA

PLAY THERAPY

Meet Carla, a Certified Play Therapist and Specialist Wellness Counsellor with expertise in early childhood development, human-animal interaction, and community intervention. With a passion for supporting children and families, Carla has been practicing play therapy since 2019. Before transitioning to therapy, she worked as a teacher and team leader in the early childhood development sector, where she also discovered her love for training educators and offering workshops for parents.

Carla specializes in supporting children with explosive behaviour, ADHD, and anxiety, using a holistic approach that emphasizes empowerment, attachment, and neurodevelopment. She believes every child has the potential to thrive when provided with the right tools and support. Carla is committed to a collaborative, multidisciplinary approach and works closely with parents and other professionals involved in her clients' lives to ensure comprehensive care.

When she's not working, Carla enjoys being a mom to a little legend, spending time with her husband and loved ones, and unwinding with a good book, a cup of coffee, or a glass of wine. Her passion for helping others extends beyond the therapy room.

LANGUAGE: AFRIKAANS & ENGLISH

FAVOURITE ASPECT OF THE TOOLKIT: SAND & STORIES

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST?

MY DOG - HARLEY :) AND MY KINDLE, FOR READING COMPLETELY MINDLESS NONSENSE DURING BREAKS!

EMAIL: NUKIDSPRAYTHERAPY@GMAIL.COM

SOUTHERN SUBURBS, WESTERN CAPE

MEET NEDA

PLAY THERAPY & FILIAL

Neda O'Donovan holds an MA in practice based Play Therapy and brings over 30 years of experience working with children and families. She holds a B-ed Foundation phase degree and a Montessori Diploma, she qualified as a play therapist in 2018 and has a private practice supporting children from diverse backgrounds, including those with trauma and attachment needs. Neda is certified in Thera-play and is a registered Sand Play Practitioner.

In her supervision practice, Neda brings a creative and reflective approach, using expressive and symbolic processes to foster insight and growth for her supervisees. She provides supervision to PTI students, including those pursuing qualifications in Filial Coaching. Guided by principles of attachment, trauma, and mindfulness, she integrates neurobiology and expressive methods to create a safe, nurturing environment for both clients and colleagues.

Neda has been married for 23 years and has two daughters currently attending university. In her spare time, she enjoys trail running, hiking and cold water dips in the sea. Neda deeply values connecting with people from all walks of life, cherishing the meaningful relationships she builds in her diverse community of friends.

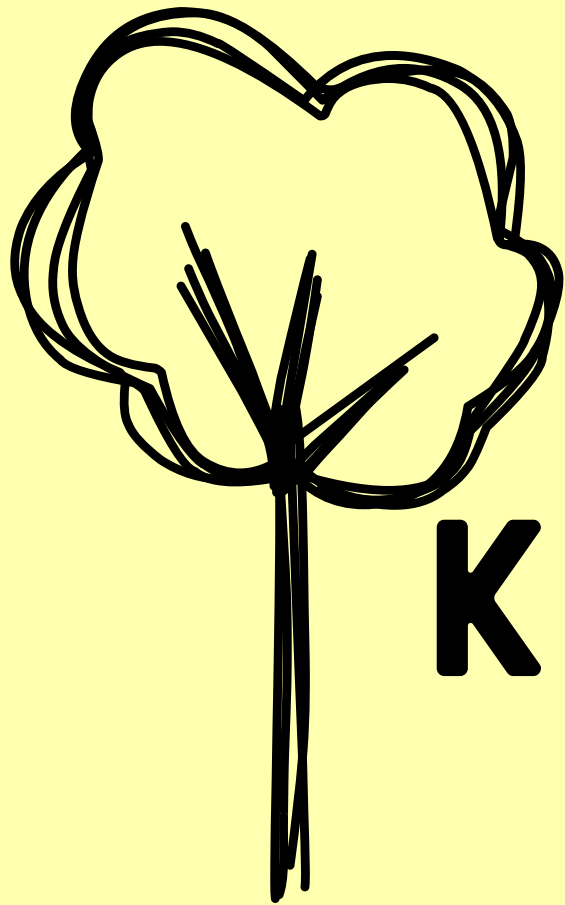
LANGUAGE: ENGLISH

FAVOURITE ASPECT OF THE TOOLKIT: SAND

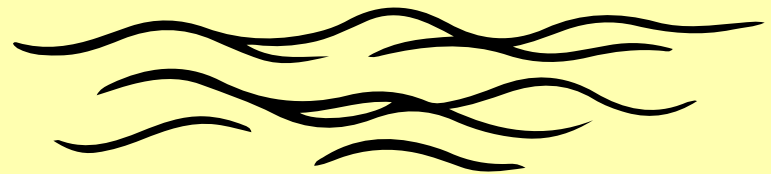
ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST?
BUBBLES! BUBBLES HAVE A MAGICAL WAY OF BRINGING SPONTANEOUS JOY TO EVERYONE.



EMAIL: NEDA@ODONOVAN.CO.ZA



**KWA ZULU
NATAL
SUPERVISORS**



MEET BEL PLAY THERAPY & FILIAL

Belinda is a certified Play Practitioner in KwaZulu Natal, Durban. She is a qualified Foundation Phase Teacher with 11 years experience and is also a qualified Life Coach. She started her journey in 2018 with PTI and has completed both her Certificate and Diploma in Play Therapy. Recently, she expanded her scope of practice even further by completing the filial coaching course with PTI.

Belinda has a heart for Emotional Development and runs her own company providing an emotional and social development program to schools. She is passionate about attachment, neuroscience, polyvagal theory and the effects trauma has on children, so these theories underpin a lot of her work.

Attachment and adoption are close to her heart because of personal experiences and she has a passion for helping children who are labelled or are the ones that often go unnoticed. Family is very important to her and so she spends her time with them or reading, enjoying the ocean and being a part of impacting the community around her!

She's been a supervisor for four years already and has made an incredible impact walking alongside trainees in their play therapy journey. Something she considers a privilege and one that she holds dearly.

LANGUAGE: ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: SANDTRAY

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST? LAVENDER AROUMADOUGH TO KEEP ME REGULATED

BALLITO, KWA ZULU NATAL



EMAIL: BELLRYK33@YAHOO.COM

MEET SANDY

PLAY THERAPY

Sandy is a qualified Occupational Therapist with over 20 years of experience in paediatrics, mental health, and school-based therapy. She has a special interest in trauma, developmental trauma, neurodiversity, and sensory integration, and is a self-proclaimed neuroscience enthusiast. With a wealth of experience in NGOs, schools, and private practice. Sandy has a deep commitment to supporting families navigating early diagnoses of Autism and other disabilities. She's worked extensively with therapeutic models such as DIR Floortime, Integrated Attachment and Family Therapy, and has completed numerous training courses on Attachment, and uses inputs from Circle of Security work. Sandy's passion lies in empowering both families and therapists, believing that with the right support, transformation is always possible. She finds great joy in helping teams thrive and creating lasting systemic change in communities. Outside of work, Sandy enjoys hiking in the forests near her home, dancing, and reading. Her kitchen is a sanctuary where she finds peace, and her love of cooking extends to tending her vegetable garden with her husband and three children.

LANGUAGE: ENGLISH

**FAVOURITE ASPECT OF THE TOOL KIT:
THERAPEUTIC STORY**

**ONE THING YOU ALWAYS HAVE CLOSE BY TO
HELP YOU AS A PLAY THERAPIST?
I ALWAYS HAVE THERADOUGH AND MY FIDGET
BOX NEAR ME IN THE ROOM TO REGULATE MY
OWN BUSY FINGERS.**

HILLCREST, KWA ZULU NATAL



EMAIL: SANDYMEYEROT@GMAIL.COM

MEET JENNA PLAY THERAPY & FILIAL

Jenna Hill is a friendly and caring play therapist with over 18 years of experience working with kids. Since 2019, she has been dedicated to helping children express themselves and build their resilience. Specialising in play-based therapy, Jenna uses fun and creative techniques to support emotional growth, social skills, and coping strategies.

She holds an Honours degree in Psychoeducational Support, a postgraduate diploma in play therapy, and is currently working on her certificate in Filial Play Coaching. This program helps parents and caregivers become important partners in their child's journey to healing.

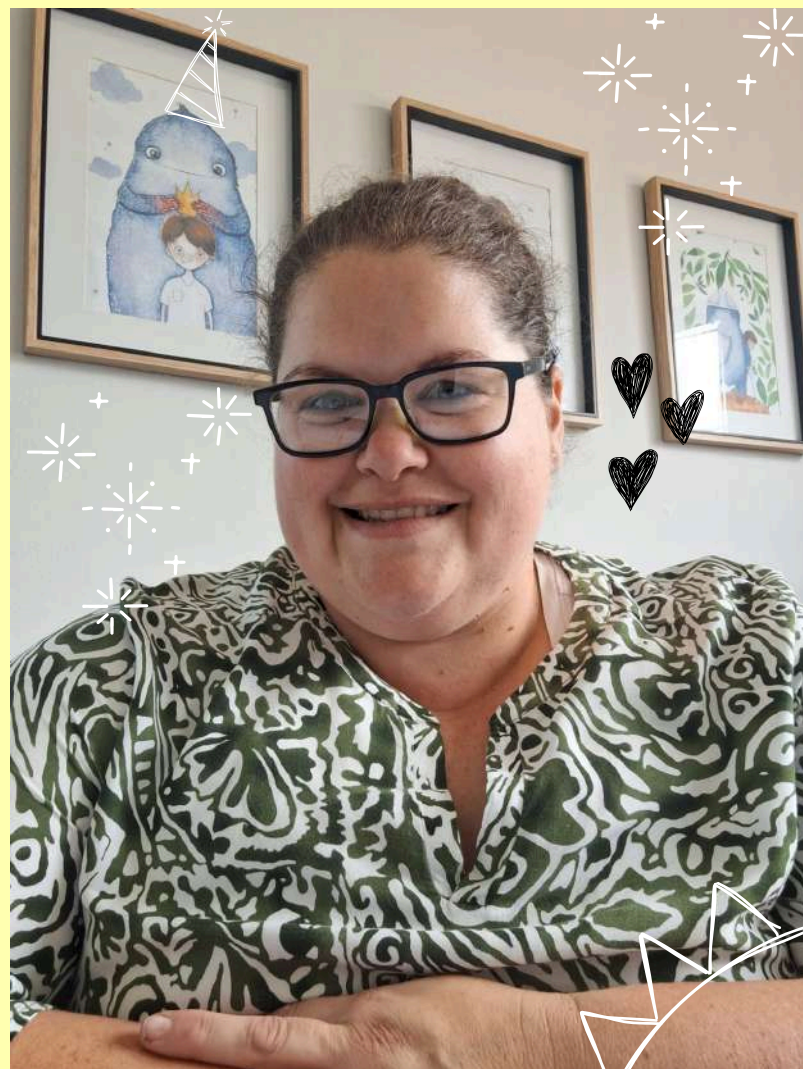
Jenna is also passionate about guiding and mentoring future play therapists. She loves sharing her knowledge and supporting trainees, ensuring that the next generation is well-prepared to make a positive impact on children's lives.

When she's not working, Jenna enjoys being a proud wife and mother, bringing her caring and empathetic nature to her family life. Her commitment to nurturing children shines through in both her professional and personal life, creating warm and safe spaces for growth and understanding.

LANGUAGE: ENGLISH

**FAVOURITE ASPECT OF THE TOOL KIT: MAGICAL WAND,
IMAGINARY CROWN AND "HEY WARRIOR" PLUSHY**

UNDERBERG, KWA ZULU NATAL



**EMAIL:
JENHILLSUPERVISION@GMAIL.COM**



GAUTENG SUPERVISORS

MEET SIM

PLAY THERAPY

Sim is a fast-talking social worker and play therapist passionate about meeting people where they are and helping them take on life's great adventures!

After earning a Bachelor of Social Work, she began her career working in court processes and managing major family transitions. Today, she helps children handle big feelings, guides caregivers in understanding children's perspectives, and supports professionals in adopting more child-friendly approaches.

With just under ten years of experience, Sim has completed two Master's degrees—one in Social Work and another in Forensic Social Work—and is currently working on a PhD. She has experience in child protection and with children impacted by trauma and abuse. She now lectures in the social work and criminology department at the University of Pretoria while managing her practice, The Kind Centre.

While she values education, her real learning has come from the children in the playroom. Realizing that every child is different and each one offers an opportunity for growth. She knows how it feels to feel out of your depth but also how important it is to meet yourself and the child where you are both at. She acknowledges this is an exciting new adventure (which you may be a little nervous to embark on) and looks forward to supporting you along the way!

LANGUAGE: ENGLISH & AFRIKAANS

FAVOURITE ASPECT OF THE TOOL KIT: ART MATERIALS

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST? A PHONE A FRIEND CARD AND SOUR WORMS

SANDTON, JOHANNESBURG



EMAIL: SIMONE@THEKINDCENTRE.CO.ZA

MEET BRIE

PLAY THERAPY

Brie has worked with children for 25 years as a teacher, researcher, and interventionist; specialising in promoting children's social, emotional, and language development. She is highly qualified and experienced in the field of child development has studied all over the world:

Vanderbilt University (USA) - PhD in Early Childhood Play and Language/Literacy Development

Harvard University (USA) - Masters in Human Development and Psychology

University of the Witwatersrand (SA) - Bachelor of Education

Leeds Beckett University (UK) - Post Graduate Diploma in Play Therapy

Brie is a certified play therapist, registered with Play Therapy International (PTI), and is also an assistant course director for PTI training.

LANGUAGE: ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: THE SAND TRAY & DRAWING

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST? BOTTLE OF WATER!

ROSEBANK, JOHANNESBURG



EMAIL: BLR132@MAIL.HARVARD.EDU

PRETORIA, GAUTENG



MEET CLAUDI PLAY THERAPY

Claudi is a Certified Play Therapist in Pretoria. She has a background in Educational Psychology and soon after obtaining her honors pursued a career in Play Therapy by completing a Masters degree in Play Therapy. She has been working in the field for roughly 17 years, in the school setting and private practice, and she is part of an NGO providing healthcare services to children in need.

Claudi loves working with younger children up to grade 7. She believes in a holistic approach which incorporates all aspects of human development and functioning; empowering parents to support their kids effectively; and working together in a multi-disciplinary team. She has come across a vast array of challenges that children encounter and values the individuality that each child brings to universal challenges or problems.

Outside of work, Claudie enjoys being outdoors in nature, walking her dogs and spending time with her husband and daughters.

LANGUAGE: AFRIKAANS & ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: I USED TO HIDE THE SANDPIT SO CHILDREN WOULDN'T NOTICE IT, BUT NOW I VALUE THE FACT THAT IT CAN BE USED FOR REGULATION AND PROJECTION.

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST? A SNACK AND COFFEE

EMAIL: INFO@CLAUDIPLAY.CO.ZA

MEET LETITIA

PLAY THERAPY

Letitia is a certified Play Therapist based in Centurion, Pretoria, with over 12 years of experience working with children and families. As a qualified Foundation Phase teacher with a strong background in childhood development, she is deeply passionate about supporting children through their emotional, academic, and developmental milestones. Letitia offers school readiness assessments, conducts workshops on study methods, and leads parent information sessions, all designed to empower families with the tools and knowledge they need to thrive.

Having completed both her Certificate and Diploma in Play Therapy, Letitia is well-equipped to address children's emotional and therapeutic needs. Her approach is rooted in a deep understanding of how therapy supports children's development, helping them process emotions and navigate life's challenges.

With extensive experience working with multicultural learners and families, Letitia understands the diverse needs that arise in educational and family settings. She strongly believes that collaboration among parents, teachers, and other role players is essential for effective intervention and sustainable progress.

Outside of her professional work, Letitia enjoys hiking and spending quality time with her family and friends. She lives in Centurion with her husband and their two Yorkies. She is excited to walk alongside you on your journey of growth, healing, and empowerment.

LANGUAGE: AFRIKAANS & ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: THE SAND TRAY

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST? CHEWING GUM (MY EMERGENCY REGULATION TOOL) AND A CAT POOP SCOOP FOR DIGGING OUT SYMBOLS

CENTURION, PRETORIA



EMAIL: LETITIAJORDAAN@GMAIL.COM

ROODEPOORT, JOHANNESBURG

MEET SIMONE

+ PLAY THERAPY & FILIAL

Simone is a certified Play Therapist in Roodepoort, Johannesburg, where she offers play therapy for children and filial coaching in her private practice.

She holds a diploma in Montessori teaching, a degree in psychology and an honours degree in early childhood development.

She is currently enrolled as a Filial Play Coach trainee and as a Registered Counselling student. Simone has been working with children since 2002 in numerous roles and has been working in the play therapy field since 2020, where she has an interest in childhood anxiety, parental separation and attachment.

She believes in discovering strengths and nurturing growth in children through creative expression, especially through the sand tray, clay and art, to increase children's confidence, independence, self-esteem and resilience.

Outside of work, Simone enjoys reading, walking in nature, spending time with family and friends and always has a toy or teddy within arm's reach.

LANGUAGE: ENGLISH

**FAVOURITE ASPECT OF THE TOOL KIT:
SAND TRAY, CLAY AND ART**

**ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP
YOU AS A PLAY THERAPIST? A TEDDY BEAR**



EMAIL: SIMONEHALLAM@GMAIL.COM



FREE STATE SUPERVISORS

BLOEMFONTEIN, FREE STATE



MEET SINEAD

PLAY THERAPY

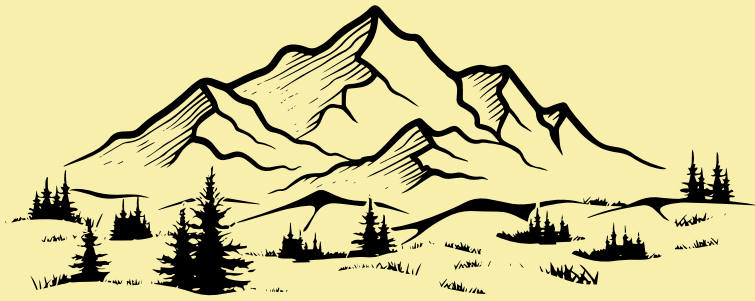
Sinead is a certified Play Therapist with an honours degree in Psychology and Criminology. She works in multi-disciplinary practices with social workers, occupational therapists, neuro-divergent specialists and paediatricians – believing that everyone has the potential to teach us something. Sinead has experience working with complicated family structures, trauma, vulnerable children, children in care, Filial Play and children who are neuro-divergent. She is passionate about learning and always approaches each client with curiosity and compassion. She is very excited to support and guide you in your journey.

LANGUAGE: ENGLISH & AFRIKAANS

**FAVOURITE ASPECT OF THE TOOL KIT:
IMPOSSIBLE TO DECIDE! SERIOUSLY I CAN'T.**

**ONE THING YOU ALWAYS HAVE CLOSE BY TO
HELP YOU AS A PLAY THERAPIST?
FIDGETS**

EMAIL: PLAYTHERAPY@THRIVING.CO.ZA



MPUMALANGA SUPERVISORS

WHITE RIVER, MPUMALANGA



MEET HAYLEY

PLAY THERAPY

Hayley Ronald is a qualified Social Worker and has her Diploma in Play Therapy. She is currently based in White River, Mpumalanga. Hayley has been working in the field of child protection, adoption and fostering and HIV psychosocial support for 20 years. Her practice is guided by meeting people where they are and walking alongside them in their journey.

Hayley makes use of many different modalities within her practice and has a passion for attachment and emotional development. Hayley works closely with parents and children going through divorce, and has a close working relationship with the Courts, offering forensic reports based on the needs of the child.

Outside of work, Hayley can often be found on the side of the sports field, supporting her son and his friends.

LANGUAGE: ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: SANDTRAY

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST?

I NEVER LEAVE HOME WITHOUT A LARGE COFFEE AND A VACUUM CLEANER!

EMAIL: HAYLEYRONALD@GMAIL.COM



**NORTH WEST
SUPERVISORS**

MEET ESTIE

PLAY THERAPY

RUSTENBURG, NORTH-WEST

Estie van Rensburg is a PTI registered Play Therapist and ASCHP registered Specialist Wellness Counsellor. Her journey with PTI started in 2019. She currently lives in the Pilanesberg National Park and has her full-time Play Therapy practise in Rustenburg. Before that, she ran individual and group art classes which focused on the therapeutic qualities of art and were involved with therapeutic drama productions and classes. She has worked along social workers with the pre-school inner-city kids of Pretoria, she has worked as a volunteer for many years with disabled adults and ran an emotional intelligence class with grade one's.

Estie has 22 years experience working with children in various settings and circumstances. She holds an Honours degree in Fine Art, an Honours degree in Psychology, a Post Graduate Certificate in Early Childhood Development, and a Post Graduate Certificate in Play Therapy. Estie is rooted in an academic approach to therapy, and it forms the basis of her understanding towards the therapeutic process. With this strong base she branches out and focuses on the 'felt-sense' in the Playroom. She believes that we respond in synchrony with the behaviour of others, and it is this capacity for mutual regulation which holds the key to successful outcomes in therapy.

Outside of work, she is a mother of two boys and wife to her supportive husband. Estie enjoys reading, studying, writing, painting and her newest venture is to learn German.

LANGUAGE: ENGLISH & AFRIKAANS

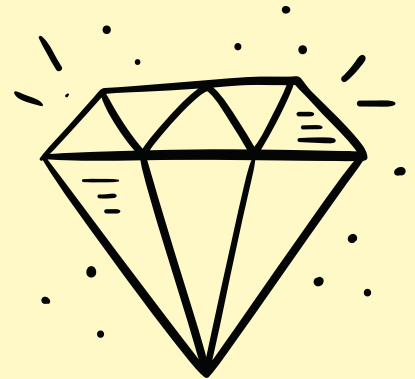
FAVOURITE ASPECT OF THE TOOL KIT: ART MATERIALS

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST? MY BOOKS, TRUSTED PODCASTS, NETWORK OF OTHER THERAPISTS AND OF COURSE A CUP OF GOOD PROPER COFFEE!



EMAIL: ESTIE83@GMAIL.COM

NORTHERN CAPE SUPERVISORS



UPINGTON, NORTHERN CAPE



MEET LIZETTE

PLAY THERAPY

Lizette du Plessis is a certified Play Therapist and counselor with 23 years of experience supporting families through life transitions. She specializes in assisting children and families affected by divorce. As a trained mediator equipped with the "Voice of the Child" assessment tool, she ensures that children feel understood and provides insightful feedback to relevant parties.

With a passion for attachment and understanding the impact of divorce on children, she works to ensure that both children and families feel heard during difficult times.

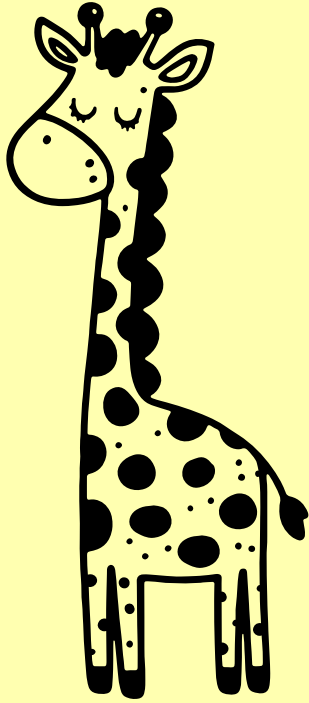
She is also involved in the non-profit sector, where she addresses children's emotional needs and provides counseling to foster resilience and offers a safe space for growth.

LANGUAGE: AFRIKAANS & ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: SAND TRAY AND DRAWINGS

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST? I KEEP PEN AND PAPER CLOSE BY—CALL ME OLD SCHOOL, BUT I LOVE JOTTING THINGS DOWN THE CLASSIC WAY!

EMAIL: NICDAM@FAMSAUPT.CO.ZA

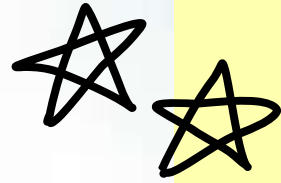


KENYA BASED SUPERVISORS

MEET SARAH

PLAY THERAPY

KENYA



Sarah (Sarafina) Kruger is a registered Play and Creative Arts Therapist in Kenya. She holds a Bachelor's degree in Fine Art & History of Art from Goldsmiths University in London and two Master's degrees in Expressive Arts & Peacebuilding from the European Graduate School in Switzerland and Applied Criminology, Penology & Management from the University of Cambridge.

She is the Executive Director of Pepo La Tumaini Jangwani (The Wind of Hope in the Desert), a community-driven rehabilitation centre serving vulnerable children and diverse marginalised groups, including internally displaced people, prisoners, young offenders, and people living with HIV. She has worked extensively over the last 15 years with indigenous communities in sub-Saharan Africa, partnering with national governments and international humanitarian agencies. Sarah's multi-ethnic background and global experience enable her to work effectively with diverse cultures. She has multiple interests in art, film and philosophy and takes a humanistic and integrative approach towards supporting people to realise their full potential. Special interests include children's recovery from adverse childhood experiences as well as adjustment and coping during times of transition, loss and separation. Sarah has co-authored a chapter on 'Art Therapy in Africa' in the 2nd Edition Wiley Handbook of Art Therapy, emphasising the importance of self-reflection on one's identity as a vital process for creative therapists seeking to expand their understanding and therapeutic practices beyond Western paradigms of knowledge.

LANGUAGE: ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: SPACE TO MOVE

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST? THE INFLATABLE SHARK PUNCHING BAG



EMAIL: SARAFINAFRICA@GMAIL.COM

KENYA



MEET HARRIET

PLAY THERAPY

Harriet is a certified Play Therapist and Creative Arts Counsellor with fifteen years' experience in working with children and families in Southeast Asia and now Kenya. Her background training is in child clinical psychology, and she worked in hospitals before training as a play therapist in the UK. She is trained in the Dynamic-Maturational Model of Attachment (DMM) in supporting children who have experienced developmental trauma through disruption of attachment, as well as Parent-Child Attachment Play (PCAP) in supporting parents. Working within the Neurosequential Model of Therapeutics (NMT) as a trauma-informed approach, Harriet is passionate about working within a multidisciplinary team, including parents and teachers, to ensure children are receiving the right support at the right time. In her spare time, she loves walking her dog and riding horses in Nairobi, Kenya where she lives with her husband and two children.

Harriet is a certified Play Therapist with fifteen years' experience in working with children and families. Her background training is in child clinical psychology, and she worked in hospitals before training as a play therapist in the UK. She is trained in the Dynamic-Maturational Model of Attachment (DMM) in supporting children who have experienced developmental trauma through disruption of attachment, as well as Parent-Child Attachment Play (PCAP) in supporting parents.

Working within the Neurosequential Model of Therapeutics (NMT) as a trauma-informed approach, Harriet is passionate about working within a multidisciplinary team, including parents and teachers, to ensure children are receiving the right support at the right time. In her spare time, she loves walking her dog and riding horses in Kenya (Nairobi) where she lives with her husband and two children.

LANGUAGE: ENGLISH

FAVOURITE ASPECT OF THE TOOL KIT: HER FAVOURITE TOOLS IN HER TOOLKIT ARE A SET OF SURVIVAL ANIMALS (A CHEETAH, A LION, A RABBIT AND A SLOTH)

ONE THING YOU ALWAYS HAVE CLOSE BY TO HELP YOU AS A PLAY THERAPIST? I KEEP PEN AND PAPER CLOSE BY—CALL ME OLD SCHOOL, BUT I LOVE JOTTING THINGS DOWN THE CLASSIC WAY!

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