



CQ Psych Services

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PRACTICE INFORMATION

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Diane Furno – Administration Officer
Kate Turnbull – Administration Officer
Emma Perrin – Administration Officer
Emily Humphrey – Promotions & Business Assistant

Practice Hours

Mon – Fri 9:00 AM – 5:00 PM


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DIRECTOR'S MESSAGE

Hello everyone,

Welcome to Volume 8, Issue 1 of our Newsletter. At CQ Psych Services we pride ourselves on being able to offer a range of psychological services for clients. Our psychologists are continually taking part in the latest professional development training, to ensure that our service is second to none.

Recently, our team came together for a dedicated **Culture & Training Day**, providing an opportunity to reflect on our shared values, strengthen collaboration, and engage in targeted professional learning. Days like these are an important investment in our team members and, ultimately, in the quality of care we provide to our clients and the broader community.

I'm also pleased to share that, in addition to the assessments we already offer, CQ Psych Services has invested in the assessment tools and comprehensive training required to screen for and diagnose **Specific Learning Disorders**. This expansion reflects growing community need and our commitment to early identification and appropriate support.

We currently have immediate availability for assessment bookings, and welcome referrals for children, adolescents, and adults where learning concerns are present.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes an excerpt from the blog "*Integrating Movement, Rest And Mindfulness For Emotional Balance*" and "*A Play-Based Approach*". I hope you enjoy this issue.

Please contact the office if you would like to arrange an appointment and as always, we welcome all questions, queries and feedback. Simply email us at admin@cqpsychservices.com.au

Keep an eye out on our Web, Facebook and Instagram pages as we continue to develop these sites.

Until next time...

Suzie Humphrey

Director & Principal Psychologist
BPsych (Hons), MForMentH, MAPS

A PLAY-BASED APPROACH

Play isn't just fun and games — it's a powerful therapeutic tool that helps children express themselves, process emotions, practice skills, address challenges and develop essential life skills. As a Capacity Building Clinician, I regularly utilise toys, games, craft and other activities to create a safe and structured environment for my client. This allows children to express themselves, especially when they lack the verbal skills to communicate their feelings or experiences.

A play-based approach works because it meets each child where they are at, rather than expecting a young child to sit and talk through their problems like adults. Through play, children are able to work through difficult emotions or experiences, practice implementing new behaviours or skills, build resilience and improve their developmental outcomes in a safe, comfortable and familiar environment. A play-based, child-centred approach is particularly effective in early intervention, as it tailors learning to each child's unique interests and preferences, encouraging greater engagement and responsiveness.

Play-based intervention supports several key developmental areas critical for young children:

- **Cognitive Development:** Problem-solving, memory, attention skills, understanding concepts, reasoning, and making connections.
- **Language and Communication:** Play provides an environment where children can practice verbal and non-verbal communication, develop their vocabulary, and enhance their understanding of language.
- **Social-Emotional Development:** Children can explore and express emotions, learn to understand and manage their feelings and rehearse situations that they are specially struggling in.
- **Motor Skills:** Play-based activities are beneficial for both fine and gross motor skills.
- **Emotion Regulation:** Play-based interventions aid in emotional regulation by providing a safe space for the child to process emotions, practice social skills, build resilience and problem-solve situations. It allows a safe space for children to explore conflict resolution, cooperation, negotiation, and emotion regulation in a range of settings.

Through play-based experiences, children develop essential life skills, including physical, emotional, cognitive, social, and creative abilities, all of which build strong foundations for future learning and growth.

View our website for a full copy of the blog: <https://cqpsychservices.com.au/2026/01/08/a-play-based-approach/>

- Emily Humphrey

INTEGRATING MOVEMENT, REST AND MINDFULNESS FOR EMOTIONAL BALANCE

We live in a fast-paced world, moving from one task to another with a focus on constant productivity. You may find yourself thinking “*when things calm down, I'll take a break,*” but that time does not come. Balance isn't something that appears when life gets easier; it is something that we can create through the way we care for our minds and bodies.

The Role of Movement: Release and Regulate

Physical movement can help lower stress hormones (like cortisol), release endorphins, and generally supports more balanced nervous system activity. Beyond brain chemistry, movement helps give our emotions somewhere to go. When we are anxious or overwhelmed, our body often holds tension – tight shoulders, clenched jaws, shallow breathing. Gentle stretching, a walk around the block, or a few minutes of yoga can help us process those emotions through physical release.

The Role of Rest: Recharge

While movement helps us release energy, rest helps us restore it. Rest strengthens our ability to regulate our emotions. When we are tired or overstimulated our tolerance for stress shrinks. We become more reactive, less patient and more self-critical. Prioritising rest is not laziness; it is vital for emotional stability. Rest may look like taking a few deep breaths, a slow morning, a quiet cup of tea, or simply pausing between tasks. By giving ourselves permission to rest, we signal to the brain that we are safe.

The Role of Mindfulness: Being Present

The simple, but often challenging, practice of being present can tie rest and movement together. Paying attention to what is happening right now, without rushing to judge or change can turn ordinary moments into opportunities for awareness and self-compassion. Mindfulness does not have to mean sitting cross-legged in silence. It can be as simple as noticing your breath while walking, paying attention to the sensations of stretching, or feeling the warmth of the sun on your skin.

View our website for a full copy of the blog: <https://cqpsychservices.com.au/2026/01/08/integrating-movement-rest-and-mindfulness-for-emotional-balance/>

- Nina Galletta

You can contact us to get further information or enquire about an appointment by emailing us at admin@cqpsychservices.com.au, contacting our friendly Administration Team on (07) 4972 6929 or submitting an online enquiry form on our website: <https://cqpsychservices.com.au/>