

Who can be referred to Early Years counselling?

- Families with children aged 0-5.
- A pregnant person or couple (with or without other children).
- Families with one, two or more caregivers.
- Families from one or more ethnic backgrounds.
- Families with multiple children under 5.



About QPASTT

QPASTT (Queensland Program of Assistance to Survivors of Torture and Trauma) is a non-government, not-for-profit organisation with no political or religious affiliations providing culturally responsive services to promote the health and wellbeing of people in Australia who have sought safety from persecution, torture and war-related trauma.

We welcome all people regardless of their ethnicity, culture, gender, age, ability, sexual orientation, language or religious beliefs. QPASTT is an LGBTIQ+ friendly service that is proudly committed to inclusion and equity for all.

QPASTT can help people no matter how or when they arrived in Australia. We assist people of all ages including young children and the elderly.

QPASTT is the Queensland representative of the Forum of Australian Services to Survivors of Torture and Trauma (fasstt.org.au).

Make a referral

Visit qpastt.org.au/make-a-referral/ or scan the QR Code to make a referral for family counselling.



Get in touch



Call us on 07 3391 6677



connect@qpastt.org.au



Walk in - 28 Dibley Street, Woolloongabba
(Mon-Fri 9am-5pm)

qpastt.org.au



**Early Years
counselling
at QPASTT**

Information for
**Service
Providers**





Why work in the Early Years?

Many families from refugee or asylum seeker backgrounds have experienced traumatic events on their journey to Australia, and continue to experience stress during settlement.

Young children are often impacted in ways that affect their development, wellbeing, and attachment relationships. These impacts are often not evident until the child is older, although there may be signs that the child or infant is struggling.

Early intervention aims to address the impact of trauma on the child during this period of rapid and crucial development in order to prevent more significant mental health challenges later in life.

Considerations for referring families to Early Years counselling include:

- A strong relationship with a safe caregiver is key for building resilience for a child and supporting their trauma recovery. This is why caregivers are involved in Early Years therapy along with the therapist.
- Due to a range of factors, a family may not always identify that their young child needs support. They may need extra time and conversations to understand the reasons behind a potential referral and the benefits of counselling.
- Infants and young children are often missed during assessments around family support needs. Consider discussing your referral with QPASTT if you need support to think through a young child's presentation.

When might Early Years counselling be useful?

- Children and/or caregivers have been through scary or traumatic events both pre and post-arrival in Australia.
- Children show difficult behaviours in the home or at kindergarten/childcare.
- Caregivers are struggling in their care or connection with their child/ren due to past experiences or ongoing stressors.
- Family members have physical or mental health difficulties.
- A caregiver is pregnant and having challenges related to the connection with or arrival of their new baby.
- A child displays developmental delays that may be related to experiences of trauma. Note that in these cases, support is most useful when delivered in collaboration with other Allied Health or developmental services.
- Caregivers need support to talk with their children about their family's story in a developmentally appropriate way.



What is Early Years counselling?

- Therapy for young children from birth through age 5 and their caregivers/parents.
- Support that involves both the child and their caregiver/s, helping them heal together and strengthen their relationships.
- Support that focuses on connecting through play and creativity (not just talking) between the child, caregiver/s, and the therapist.
- Help for families to heal and grow after stressful experiences.
- An emphasis on family strengths and relationships.

Early Years counselling at QPASTT can take place in one of our offices and in other settings where appropriate.