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Friendship Kids Counselling & Support

Individual Support Plan

Client Name:

Session Structure

Frequency: Weekly

Day: Tuesday

Time: 4:15 pm

Duration: 30 minutes

Participants: child and Mum

Presenting Concerns

Austin presents with symptoms consistent with social anxiety, which currently express themselves through negative or challenging behaviours rather than verbal communication. His anxiety appears to impact his ability to communicate his needs appropriately, follow simple instructions, regulate emotions, and seek connection with his parents calmly and confidently.

Goal of Intervention

To build Austin's emotional security by:

- Increasing his emotional vocabulary.
- Supporting healthy expression of needs.
- Developing positive communication with Mum.
- Improving listening and compliance with simple instructions.
- Increasing confidence within relationships.
- Reducing anxiety-driven behaviours.
- Strengthening secure attachment through connection and positive reinforcement.

Therapeutic Approach

Each session will incorporate:

- Child-centred play therapy
- Emotion coaching
- Attachment-based interventions
- Language development
- Parent coaching
- Behavioural reinforcement
- Co-regulation activities

Play will provide Austin with a safe environment to explore emotions while gradually increasing his confidence in communicating thoughts and feelings.

Home Strategies

1. Coming to Mum

When Austin calls out for Mum from another room, Mum will respond calmly with the same consistent message:

"Austin, if you need me, you need to come to me and I will listen."

The instruction should be repeated calmly and consistently until Austin comes to Mum.

When he successfully comes to Mum:

- Offer immediate praise.
- Celebrate the achievement enthusiastically.
- Give eye contact and physical affection.
- Listen carefully to what he has to say.

The goal is to teach Austin that calm communication results in connection.

2. Positive Reinforcement

Parents will identify rewards that are meaningful for Austin.

Examples may include:

- Sticker chart
- Extra bedtime story
- Choosing a family game
- Special outing
- Choosing dessert
- Extra playtime

- Treasure box rewards

Rewards should be given immediately following positive behaviours such as:

- Following instructions
- Coming to Mum when called
- Using kind words
- Listening the first time
- Showing brave behaviour

3. Bedtime Connection

Each evening, parents will intentionally reflect on Austin's successes.

Suggested wording:

"Austin, we're so proud of you. You're learning how to be a big boy who comes to Mum and Dad when you need us. We love seeing how brave you're becoming."

This routine helps strengthen his identity, reinforce positive behaviours, and end the day feeling emotionally safe.

4. Physical Connection

Austin appears to receive love most strongly through physical affection.

Parents are encouraged to intentionally provide:

- Frequent hugs
- Sitting close during reading
- High fives
- Holding hands
- Gentle back rubs
- Snuggling during story time
- Warm greetings and goodbyes

Consistent physical affection helps increase emotional safety, supports nervous system regulation, and reinforces secure attachment.

Therapy Goals

Over the coming weeks, Austin will be supported to:

- Increase confidence in social situations.

- Expand emotional vocabulary.
- Express needs verbally rather than through behaviour.
- Improve listening skills.
- Follow one- and two-step instructions.
- Develop healthy coping strategies.
- Build resilience.
- Strengthen attachment with parents.
- Experience success through achievable behavioural goals.

Parent Focus

Parents are encouraged to:

- Remain calm and consistent.
- Reinforce positive behaviours more often than correcting negative behaviours.
- Celebrate every small success.
- Use clear, simple instructions.
- Focus on connection before correction.
- Maintain predictable routines.
- Provide frequent reassurance and affection.

Expected Outcomes

With consistent therapeutic support and reinforcement at home, Austin is expected to demonstrate:

- Improved emotional regulation.
- Increased confidence communicating with parents.
- Reduced anxiety-driven behaviours.
- Greater compliance with simple instructions.
- Stronger parent-child attachment.
- Increased emotional vocabulary.
- Improved self-esteem and confidence.
- More positive family interactions.

This plan emphasises building Austin's sense of safety and connection first, recognising that as his anxiety decreases and his confidence grows, positive behaviour is more likely to follow naturally.

Yours sincerely,

Maria Sarina

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