ELLIE ZHU

COUNSELLOR | PLAY THERAPIST

I'm a National Certified Mental Health Counselor and a **PTI** Registered Therapeutic Play Practitioner with over a decade of experience supporting children and families from diverse cultural backgrounds. To date, I have practiced over **2,500** clinical hours and have had the privilege of supporting more than 150 families navigate their unique journeys.

I work closely with families to help children navigate whatever they're facing—whether that's managing anxiety, exploring their self-identity, building stronger friendships, or learning how to regulate those 'big' feelings. Because I know every child is unique, I don't believe in a one-size-fits-all approach. Instead, I stay flexible, drawing from **Play Therapy**, **CBT**, and **evidence-based social skills** support to tailor every session to exactly what your child needs in that moment.

ABOUT MY PRACTICE

Counseling is a journey of exploring potential and possibility, which is why emotional safety always comes first in my practice. I provide a warm, trusting space where your child can express themselves in the way that feels most natural—whether that's through play, conversation, or creative activities.

I've found that true growth takes time. Once that foundation of safety is established, we begin to build **essential life skills**, such as emotional regulation, problem-solving, the growth mindset, and social confidence. My goal is to help children grow into their own inner confidence, make sense of their feelings, and develop meaningful, positive connections with the world around them.

I also believe that real progress happens when the adults in a child's life are on the same page. That's why I collaborate closely with parents and educators, ensuring that the insights and strategies we discover in our sessions translate seamlessly into real-world support at home and in the classroom.

EXPERTIES

- **Low Mood**
- **Anxiety & Stress Management**
- **Emotion Regulation & Anger Management**
- **Social & Interpersonal Difficulties**
- **Confidence & Esteem**
- **Life Change & Adjustment Issues**

SERVICES

- **Play Therapy**
- **Individual Counseling**
- **Group counseling**
- **UCLA PEERS® Social Skills Program**
- **ADHD & Executive Function Coaching**
- **Parents Consultation**

CERTIFICATIONS & TRAININGS

- Certified Mental Health Counselor (China, Level-3)
- **PTI** Registered Therapeutic Play Practitioner
- Teaching Qualification
- **UCLA PEERS®** Certified Provider
- **Triple P** Certified Level-4 Group Provider
- **Beck Institute** CBT for Anxiety in Youth, ADHD, Autism
- **Beck Institute** CBT for Anxiety, Depression, Personality Disorders
- **ADD Coach Academy** ADHD Coach
- AutPlay Therapy (Play & Social Groups)

EDUCATION

The University of Sheffield
M.A. Psychology and Education

LANGUAGES

Chinese, English

朱佳旭

心理咨询师 | 游戏治疗师

我是国家三级心理咨询师、国际游戏治疗学会（PTI）注册游戏辅导师。在过去的十余年里，我一直专注于为儿童及青少年提供心理支持, 迄今为止，已累积了超过 2,500 小时的临床实践，并有幸陪伴来自不同文化背景的150多个家庭走过了他们独特的成长历程。

我的工作是帮助孩子应对他们所面临的各种挑战。它可以是管理焦虑、发展自我同一性、学习如何发展并维持友谊，也可以是学习如何与情绪共处，作出明智的决定，通过协商沟通解决问题。我相信每个孩子都是独一无二的，因此在方法与策略上重视灵活与整合。我会根据孩子的特点进行评估，将游戏治疗、认知行为治疗（CBT）以及实用的社交训练自然地融入到互动中，为孩子量身定制每一次咨询，以契合他们当下的实际需要，实现目标，促进转变。

关于咨询

心理咨询是一场关于潜能与可能性的探索之旅，而情绪安全始终是工作中最重要的基石。在咨询室里，首要任务是营造一个安全、温暖且充满信任的环境，让孩子能够用自己最舒适、最擅长的方式，例如游戏、谈话或艺术表达，自由地呈现内心。

实践证明，真正的成长需要时间。当孩子感受到被接纳与安全感之后，技能的发展则水到渠成。我们会一起逐步培养那些影响一生的**核心能力**，例如情绪调节、问题解决、心理韧性与成长型思维，以及社交自信。我的目标是帮助孩子由内而外地建立自信，理解自己的情绪，并与周围的世界建立起更积极、更有意义的联结，从而激发他们的天资与潜能。

孩子的成长离不开家庭与学校的共同守护。真正的改变，往往发生在成人与孩子同频共振的时刻。因此，我同样重视与家长和教师的密切沟通，致力于将咨询中发现的规律与应对策略延伸到家庭与课堂，让成长真正融入孩子的日常生活，让蜕变持续内化，成为强有力的内部资源。

专 长

- **情绪调节**
- **焦虑 & 压力管理**
- **愤怒与行为管理**
- **社交沟通与人际关系议题**
- **自信，自尊与自我价值**
- **适应性问题**

服务内容

- **游戏治疗**
- **个体咨询**
- **团体咨询**
- **UCLA PEERS® 社交项目**
- **ADHD & 执行功能教练**
- **亲子教育咨询**

证书与培训

- 国家三级心理咨询师
- **PTI**注册游戏治疗从业者
- 中学心理健康教育教师资格证
- **UCLA PEERS®** 认证导师
- **Triple P 正面管教**项目认证导师
- **Beck Institute** CBT 专项培训：青少年焦虑、ADHD、孤独症谱系
- **Beck Institute** CBT 专项培训：焦虑、抑郁、人格障碍
- **ADD Coach Academy** ADHD 教练项目
- AutPlay 游戏治疗（游戏与社交小组）

教 育

谢菲尔德大学 · 心理学与教育学 · 硕士

语 言

中文，英文