

Anna Lau

Registered Play Therapist

Qualifications

- Registered Play Therapist, APPTA (Australasia Pacific Play Therapy Association)
- Certified Child-Centered Play Therapist, University of North Texas
- Psychological Counselor (level 2) (PRC)
- Master of Social Sciences in Psychology (Schools and Community Settings) (HK)
- Brick-by-Brick® Programme Trainer (UK)
- Six Bricks Facilitator (South Africa)
- Relational Gestalt Approach Practitioner (HK)
- MISP™ Instructor



About Anna

Anna Lau is a Registered Play Therapist dedicated to supporting children and families through creative, holistic, and person-centered approaches. With a deep understanding of the core needs underlying emotional and behavioral challenges, she helps individuals reconnect safely and confidently, fostering resilience and growth.

Her expertise includes Child-Centered Play Therapy and Relational Gestalt Therapy, complemented by holistic counseling approaches. Anna also integrates specialized programs such as the Brick-by-Brick® Programme, Six Bricks facilitation, and MISP™, enriching her ability to engage participants in meaningful, developmentally supportive experiences.

Anna's strength lies in her ability to combine professional knowledge with empathy, creating safe spaces for exploration and healing. She works collaboratively with individuals, families, and groups to nurture emotional wellbeing and empower them to navigate challenges with confidence.

Languages

Cantonese · English