

Play Therapy Workshop 2 : The Way of Being in Play Therapy

APT CREDITS WILL ONLY BE APPLICABLE FOR MENTAL HEALTH PROFESSIONALS. PLEASE PROVIDE YOUR MENTAL HEALTH CERTIFICATE.

Queensland Institute of Play Therapy is an approved provider by the Australian Association for Play Therapy to offer continuing education specific to Play Therapy. We actively work with presenters that are able to offer their expertise and present play therapy methodology and techniques through our training center.

QIPT maintains responsibility for the program. As an approved provider through the Australian Association for Play Therapy to provide continuing education, the following information is required for documentation. Please complete the form and return along with your resume/CV to Sarah Harwood at hello@qipt.com.au

WORKSHOP DATE: 18th March 2024 - 21st March 2024.

WORKSHOP TIME: 9am - 4:30pm. Lunch: 12:30pm-1:15pm. Afternoon Break: 3:00pm-3:15pm

WORKSHOP LOCATION: QIPT, 31, Lancaster Street, Coorparoo, 4151

WORKSHOP LEVEL (Beginner, Intermediate or Advanced): Beginner

WORKSHOP LENGTH: 4 days

This training is approved by APT Approved Provider 23-709 for 24 CE Hours

PRIMARY AREA(S) OF WORKSHOP:

- Interpersonal Neurobiology of Play Therapy
- Play Therapy Seminal or Historically Significant Theories: (Adlerian, Child-Centered, Cognitive Behavioral, Developmental (Viola Brody), Ecosystemic, Filial, Gestalt, Jungian, Object-Relations, Theraplay)
- Play Therapy Skills and Methods (Techniques)- Based on seminal or historically significant theories.
- ACT limit setting in the Play Room.
- Aggression and Regression in the Play Room.
- Attachment: Through the Play Therapy lens
- Play Therapy Assessment & Intake process
- Emotional and Social Development in Play Therapy.



CONTENT DESCRIPTION: Welcome to our comprehensive workshop on "The Way of Being in Play Therapy: Exploring Interpersonal Biology, Aggression and Regression in the Playroom, Setting Limits, Erikson's Developmental Stages, Play Therapy Skills, Working with Parents through the Intake Process and Assessment, and Attachment through a Play Therapy Lens.

This workshop is designed to provide play therapists with an in-depth understanding of the multifaceted aspects that contribute to effective play therapy interventions. We will delve

into various essential components of the therapeutic process to enhance your skills and deepen your therapeutic presence with young clients and their families.

Interpersonal Biology of Play Therapy: We will start by examining the intricate connections between neuroscience, psychology, and the therapeutic relationship in play therapy. Understanding the biological underpinnings of interpersonal interactions will provide a solid foundation for building strong and nurturing connections with children in the playroom.

Aggression and Regression in the Playroom: Play therapy is a space where children can freely express their emotions, including aggression and regression. We will explore how to attune to these behaviors, support children in processing them safely, and use play therapy techniques to help them navigate challenging emotions effectively.

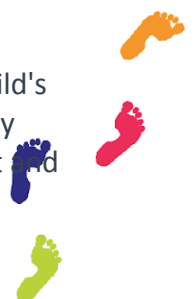
Setting Limits: Establishing and maintaining boundaries are crucial in play therapy. During this segment, we will delve into the art of setting appropriate limits that create a sense of safety and structure within the therapeutic environment, fostering the child's emotional regulation and growth.

Erikson's Developmental Stages: Erik Erikson's developmental stages offer valuable insights into a child's psychosocial growth. We will examine each stage in detail and explore how play therapy can be tailored to address specific developmental challenges and encourage healthy development.

Play Therapy Skills: Throughout the workshop, we will focus on honing essential play therapy skills. These may include active listening, empathetic responding, utilizing creative interventions, symbolic communication interpretation, and encouraging emotional expression through play.

Working with Parents through the Intake Process and Assessment: We recognize the significance of parental involvement in a child's therapeutic journey. We will explore strategies for conducting thorough intake assessments, fostering meaningful collaboration with parents, and ensuring a holistic approach to the child's well-being.

Attachment through a Play Therapy Lens: Attachment patterns play a crucial role in a child's emotional development. In this segment, we will examine attachment theory from a play therapy perspective and explore how play can be utilized to promote secure attachment and healing in the therapeutic relationship.



By integrating the various facets of play therapy, including the interpersonal biology, addressing aggression and regression, setting limits, understanding developmental stages, honing play therapy skills, working collaboratively with parents, and exploring attachment dynamics, this workshop aims to equip participants with a comprehensive toolkit to become more effective and attuned play therapists.

Join us in this enriching and dynamic workshop as we explore "The Way of Being in Play Therapy," and discover how to create a nurturing and transformative therapeutic space for

children and families in need. Together, we will embrace the power of play to heal, connect, and foster resilience in young hearts and minds.

Learning Objectives

- Describe neurological and psychological aspects that underlie the therapeutic relationship in play therapy, enabling them to build stronger connections with their young clients.
- Identify and respond appropriately to aggressive and regressive behaviors during play therapy sessions, fostering a safe and supportive environment for children to express their emotions.
- Apply practical skills for establishing clear and consistent boundaries in the playroom, ensuring a structured and secure therapeutic setting conducive to a child's emotional growth.
- Apply Erikson's psychosocial developmental stages to their play therapy practice, tailoring interventions to address specific developmental challenges and support healthy development.
- Demonstrate play therapy skills, including active listening, empathetic responding, creative interventions, symbolic communication interpretation, and fostering emotional expression through play.
- Analyse strategies for conducting comprehensive intake assessments and effectively engaging parents or caregivers in the therapeutic process, promoting a holistic approach to the child's well-being.
- Apply attachment theory from a play therapy perspective, learning how to utilize play to support secure attachment and healing within the therapeutic relationship.
- Demonstrate the concept of enlarging the meaning in play therapy, uncovering the deeper significance behind children's play and behaviors, and applying this understanding to enhance therapeutic interventions.
- Describe self-reflection, gaining insights into their own beliefs, biases, and reactions within the therapeutic relationship, fostering greater attunement and empathy with their young clients.

PRESENTER INFORMATION

PRIMARY PRESENTER:



Sarah Harwood: *Director of QIPT, Registered Play Therapist Supervisor, Certified Synergetic Play Therapist, Marriage, Child and Family Therapist.*

Cell Phone & Email: hello@qipt.com.au +61490232773

Cancellation & refund policy:

- Cancellation requests should be submitted by email to hello@qipt.com.au no later than 7 calendar days prior to the scheduled workshop date in order to receive a full refund of the paid workshop fee. Cancellation and/or rescheduled requests that are submitted after 7 calendar days prior to the scheduled workshop date will result in a refund of the paid workshop fee – with the exception of a \$10 administration fee.
- The Queensland Institute of Play Therapy reserves the right to cancel a workshop due to insufficient enrollment. QIPT will email workshop students at least 5 calendar days in advance of the scheduled workshop date to notify students of the cancellation. Notice will be provided with the option to reschedule for a future course date or to receive a full refund of paid workshop fees.
- QIPT reserves the right to cancel a workshop due to inclement weather, instructor illness or instructor family emergency. If a workshop is canceled, students will be notified via email prior to the workshop start time. QIPT will notify the students of a reschedule date for the workshop within 10 calendar days of the cancelled workshop. Notice will be provided with the option to reschedule for the future course date or to receive a full refund of the paid workshop fee.

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