

Play Therapy Workshop : The Tricky Bits 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: 3rd-6th June 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:

- Themes and Stages in Play Therapy
- Ethics in Play Therapy
- Play Therapy Skills and Methods (Techniques)- Based on seminal or historically significant theories.
- Treatment Planning and writing case notes in Play Therapy
- Transference and Countertransference in Play Therapy
- Case conceptualisation in Play Therapy
- Utilising the sand tray in Play Therapy

CONTENT DESCRIPTION:

This comprehensive workshop is designed to delve into various crucial aspects of play therapy, providing participants with valuable insights and practical tools to enhance their practice. Throughout this interactive program, we will explore themes, stages, ethics, treatment planning, case note writing, transference and countertransference, case conceptualization, and the utilization of the sand tray in play therapy.



Themes and Stages in Play Therapy: At the heart of play therapy lies the understanding that children communicate and process emotions through play. During this workshop, we will explore the different themes that often emerge in play therapy sessions, such as power, aggression, nurturing, family, control and safety. Participants will gain a deep understanding

of how to identify and address these themes effectively at different stages of the therapeutic process. Participants will gain an understanding of the stages in play therapy. These stages provide a general framework to understand the child's journey in therapy and guide the therapist's interventions.

Ethics in Play Therapy: Ethical considerations are paramount in any therapeutic practice, and play therapy is no exception. In this segment, we will discuss the fundamental ethical principles that guide play therapists' actions and decisions. Participants will learn how to maintain confidentiality, establish appropriate boundaries, and handle potential conflicts of interest. We will explore case studies and scenarios to better understand how to navigate complex ethical dilemmas that may arise during the course of play therapy

Treatment Planning and Writing Case Notes in Play Therapy: Developing an effective treatment plan is essential for facilitating the progress of play therapy sessions. In this workshop, we will walk through the steps of creating comprehensive treatment plans tailored to the specific needs of each child. Participants will also learn best practices for documenting play therapy sessions through case note writing. Clear and concise case notes are critical for tracking progress, communicating with other professionals, and ensuring continuity of care.

Transference and Countertransference in Play Therapy: Transference and countertransference dynamics can significantly impact the therapeutic relationship in play therapy. We will explore how children may transfer emotions and feelings onto the therapist and how therapists may also experience countertransference reactions. Understanding and managing these phenomena are vital for providing a safe and supportive therapeutic environment.

Case Conceptualisation in Play Therapy: Case conceptualisation involves formulating a comprehensive understanding of the child's presenting issues, family dynamics, and relevant background information. During this part of the workshop, participants will learn how to assess and integrate this information to develop a clear and cohesive case conceptualization. This process is essential for guiding treatment strategies and interventions throughout the play therapy journey.

Utilising the Sand Tray in Play Therapy: The sand tray is a powerful therapeutic tool that allows children to express themselves symbolically and non-verbally. In this workshop, participants will gain hands-on experience in utilizing the sand tray effectively. We will explore different techniques and interventions that leverage the sand tray's potential to promote healing and self-discovery in play therapy sessions.



Learning Objectives

Themes and Stages in Play Therapy:

- Apply the concept of themes in play therapy and identify common themes that may emerge in children's play.
- Explain the stages of play therapy and their significance in guiding the therapeutic process.
- Apply knowledge of themes and stages to tailor interventions based on a child's emotional and developmental needs.

Ethics in Play Therapy:

- Explain the ethical principles and guidelines specific to play therapy.
- Analyze ethical dilemmas that may arise in play therapy and develop strategies for ethical decision-making.
- Apply best practices to maintain confidentiality, establish boundaries, and ensure the well-being of the child and therapeutic relationship.

Treatment Planning and Writing Case Notes in Play Therapy:

- Develop comprehensive treatment plans for children in play therapy, considering individualized goals and objectives.
- Demonstrate proficiency in writing clear, concise, and effective case notes that document the progress and outcomes of play therapy sessions.
- Utilise treatment plans and case notes as tools for collaboration with other professionals involved in the child's care.

Transference and Countertransference in Play Therapy:

- Describe between transference and countertransference phenomena in play therapy sessions.
- Demonstrate strategies for managing transference and countertransference reactions to promote a positive therapeutic relationship.
- Apply knowledge of transference and countertransference to gain deeper insights into the child's emotional world.

Case Conceptualisation in Play Therapy:

- Apply skills in conducting comprehensive assessments to formulate a clear case conceptualization in play therapy.





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- Analyse information about the child's presenting issues, family dynamics, and background to inform treatment planning and interventions.
- Utilize case conceptualization as a foundation for understanding the child's needs and progress in play therapy.

Utilising the Sand Tray in Play Therapy:

- Explain the therapeutic benefits and principles behind using the sand tray in play therapy.
- Demonstrate practical techniques for effectively utilizing the sand tray to facilitate expression and healing in children.
- Assess the sand tray as a powerful tool for symbolic and non-verbal communication in play therapy sessions.

By the end of "The Tricky Bits in Play Therapy" workshop, participants will have gained a comprehensive understanding of the themes and stages in play therapy. They will be equipped with the knowledge and skills to navigate ethical considerations, develop effective treatment plans and case notes, manage transference and countertransference dynamics, and utilize the sand tray as a therapeutic tool. This knowledge will empower participants to enhance their practice and provide more impactful and sensitive play therapy interventions for children in their care.

PRESENTER INFORMATION

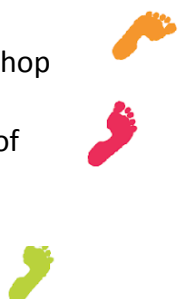
PRIMARY PRESENTER:

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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