

## Promotional Materials: Play Therapy Workshop 4: The Tool Belt

**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](mailto:hello@qipt.com.au)

WORKSHOP DATE: 19th-22nd August 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:

- Trauma in Play Therapy
- Play Therapy Skills and Methods (Techniques)- Based on seminal or historically significant theories.
- Neurodiversity in Play Therapy
- Puppets in Play Therapy
- Research in Play Therapy
- Dimensions Model in Play Therapy
- Music in Play Therapy

**CONTENT DESCRIPTION:** Welcome to our immersive workshop on "The Tool Belt in Play Therapy," where we delve into a comprehensive exploration of essential skills, methods, and theoretical foundations that shape effective play therapy practices. Our workshop is designed to equip participants with a holistic understanding of play therapy, integrating crucial elements such as trauma-informed approaches, seminal theories, neurodiversity considerations, the Dimensions Model, and the transformative power of music in therapeutic settings.

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.

#### Trauma Informed Play Therapy:

Central to our workshop is the recognition of the profound impact of trauma on a child's development and well-being. Participants will gain insight into trauma-informed play therapy techniques derived from seminal theories, allowing for a nuanced understanding of how to create a safe and healing environment for children who have experienced trauma. Through hands-on activities and case studies, we will explore the application of various trauma-focused interventions, fostering a compassionate and effective therapeutic approach.

#### Neurodiversity in Play Therapy:

Acknowledging and embracing neurodiversity is vital in fostering an inclusive and effective therapeutic environment. Our workshop will explore how play therapy can be tailored to meet the unique needs of neurodivergent children. Participants will gain insights into adapting play interventions to accommodate diverse neurological profiles, promoting a more inclusive and client-centered approach.

#### Puppets in Play Therapy:

Step into the enchanting world of puppetry as a powerful tool in play therapy. This segment explores how puppets serve as dynamic communicators, aiding children in expressing emotions and navigating their narratives. Participants will engage in hands-on activities, learning to skillfully incorporate puppets into play therapy sessions. Whether as expressive proxies or gentle mediators, puppets become therapeutic allies in helping children find their voice and process complex emotions.

#### Research in Play Therapy:

The research component in the training participants will be able to analyse the fundamental principles of research methodology as applied to play therapy. Participants will be able to identify key concepts, terminology, and ethical considerations in play therapy research. Participants will apply fostering evidence-based practices therefore contributing to the advancement of the profession.

#### Dimensions Model in Play Therapy:

The Dimensions Model, a comprehensive framework that encompasses emotional, cognitive, behavioral, and sensory dimensions, will be a focal point of our workshop. Participants will learn how to use this model to assess and address various aspects of a child's experience, guiding the therapeutic process in a more holistic and integrative manner.

#### Music in Play Therapy:

Discover the transformative power of music as a therapeutic tool when combined with puppetry in play therapy. Participants will explore how puppets and music can work synergistically to facilitate emotional expression, communication, and relaxation. Practical

exercises will illuminate the diverse ways in which these elements can be seamlessly woven into play therapy interventions, creating a harmonious therapeutic experience for children.

Join us for this dynamic workshop, where each module adds a valuable tool to your play therapy belt. Discover how trauma-informed practices, puppetry, skills rooted in seminal theories, neurodiversity considerations, the Dimensions Model, and the therapeutic use of music can synergistically enhance your ability to support and facilitate healing in children through play.

#### Learning Objectives

- Participants will understand the impact of trauma on children's development and emotional well-being.
- Participants will identify trauma-informed principles applicable to play therapy.
- Develop skills to create a safe and nurturing environment for children who have experienced trauma.
  
- Participants will Explore the expressive potential of puppets as therapeutic tools in play therapy.
- Experiential activity to help participants incorporate into play therapy sessions.
- Participants will foster puppetry techniques for emotional expression, communication and narrative exploration.
- Participants will recognise the importance of neurodiversity in play therapy.
- Participants will learn strategies to adapt play therapy interventions for neurodivergent children.
- Participants will understand the importance of an inclusive therapeutic environment that respects and celebrates neurodiversity
- Participants will understand the Dimensions Model & its application in play therapy
- Participants will define and articulate the core principles and components of the Dimensions Model.
- Participants will gain an understanding of how the Dimensions Model can be applied to play therapy practice.
- Apply the Dimensions Model to tailor interventions based on the unique needs and strengths of each child.
- Integrate the Dimensions Model into a holistic and client-centred approach in play therapy.
- Participants will explore the therapeutic potential of music in play therapy
- Participants will develop skills to integrate potential of music in play therapy
- Participants will understand how music enhances regulation, emotional expression and communication.

#### **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](mailto:hello@qipt.com.au) +61490232773

Cancellation & refund policy:

- Cancellation requests should be submitted by email to [hello@qipt.com.au](mailto: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 cancelled, 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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