

Beginning Play Therapy

Tri-County Mental Health and Counseling Services, Inc

April 23, 30, May 7, 14, 21, 2011

9:00 a.m. - 4:00 p.m.

(5.5 hours × 5 days = 27.5 CEUs)

Presented by Masaki Kawakami, MA, PCC-S, NCC, RPT-S

Many counselors/therapists become frustrated when traditional therapeutic techniques do not work with younger children. This course is designed to aid in developing an understanding of what play therapy is, as well as why it is the most developmentally appropriate therapy for use with children.

Objectives: As a result of this workshop, participants will be able to:

1. understand the efficacy of play therapy.
2. understand history and different approaches/theories of play therapy.
3. deepen the understanding of childhood development as a foundation for healthy personality as an adult.
4. develop basic play therapy skills.
5. build rapport and communicate more effectively with children at the feeling level.
6. enhance sensitivity and acceptance of self and others.

Day One:

Welcome and Introductions

History of Play Therapy

Brain Development & Trauma

Benefit and Therapeutic Power of play

Setting Up a Play Therapy Room & Toys/Materials

Overview of Child-Centered Play Therapy

1st Basic Play Therapy Skill: "Reflecting Feelings" & Role Play

Q&A

Day Two:

Overview of Theraplay

overview of Ecosystemic Play Therapy

Review Homework/Developmental Stages

Developmental Stages and Play

Self-Understanding, Self-Acceptance, Self-Care, Supervision

Review Homework/Skill Practice

2nd Basic Play Therapy Skill: "Restating Content" & Role Play

3rd Basic Play Therapy Skill: "Tracking" & Role Play

Video / Q&A

Day Three:

Overview of Cognitive-Behavioral Play Therapy

Overview of Adlerian Play Therapy

Review Homework/Skill Practice

Rules & Limits

4th Basic Play Therapy Skill: "Limit Setting" & Role Play

Choice Giving & Responsibility

Video & Demonstration & Role Play

Q&A

Day Four:

Overview of Psychodynamic Play Therapy

Overview of Jungian Play Therapy

Review Homework/Skill Practice

Praise v.s. Encouragement

Self-esteem

5th Basic Play Therapy Skill: "Returning Responsibility"

Video & Demonstration & Role Play

Dealing with Questions

Q&A

Day Five:

Overview of Gestalt Play Therapy

Overview of Prescriptive/Integrative/Other Play Therapy

Review Videotaped Playtime

Integration of Basic Skills

Triad Playtime Exercise

Therapeutic Process & Termination

Q&A