

Play Therapy: A Treatment Modality for Children

A Training Series Presented by:

A Child's Voice Child Advocacy Center and Marilyn Snow, Ph.D., LPC, RPT-S

Dates and Topics

Friday, April 3rd: Part I- Introduction to Play Therapy

Friday, June 5th: Part II- Responding to The Language of Children

Friday, August 7th: Part III- Attachment and Trauma

Friday, October 2nd: Part IV- Aggression- Hyperarousal

Friday, December 4th: Part V- Dissociation-Hypoarousal

Location

Monroe First United Methodist Church
Fellowship Hall (Enter across from playground off Boulevard)
400 South Broad Street
Monroe, GA 30655
770-267-6525

Co-Sponsor: The Georgia Association for Play Therapy

Overview and Objectives

Friday, April 3rd, Play Therapy Part I- Introduction to Play Therapy

Description: Children under the age of 12 have limited abilities to verbalize their feelings, thoughts, and use abstract verbal reasoning. Play therapy is an interpersonal counseling method that establishes contact with a child's inner world, provides a trained therapist the use of the therapeutic powers of play to "to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development." (Association for Play Therapy). The purpose of this workshop is to present a brief history of play therapy, two primary theoretical perspectives of play therapy (non-directive and directive) and a brief overview of the research of the effectiveness of play therapy. Also participants will watch a video presentation of a play therapy session with a discussion to follow.

At the end of the workshop, the learner will be able to:

- Describe a brief history of play therapy beginning with Virginia Axline.
- Compare the differences between the theories and techniques of directive and non-directive play therapy.
- Critique the research on the effectiveness of play therapy for a variety of mental health issues.
- Assess the play therapist's interaction with a child in the playroom in the video presentation.

Friday, June 5th, Play Therapy Part II- Responding to The Language of Children

Description: Counseling children in a playroom requires the clinician develop a set of skills to respond to the developmental level and “language” of children – Play. As Garry Landreth said “Toys are children’s words, Play is children’s language.” As play therapists, the challenge is to know how to respond to the “Play”. This workshop will briefly introduce the basic skills of play therapy: Tracking, Reflecting Feeling, Returning Responsibility, Limit Setting, and Questions. A video will be shown demonstrating the different skills and the child’s response as well as the benefits for the child and the clinician.

At the end of the workshop, the learner will be able to:

- Apply tracking and reflecting feeling techniques in play therapy when working with children in a playroom.
- Assess the need to return responsibility in play therapy to the child for his or her actions or activities in the playroom.
- Set limits in the playroom with a positive outcome in play therapy.
- Apply techniques to respond to questions in the playroom in play therapy.

Friday, August 7th: Part III- Attachment and Trauma

Description: When treating a child who has experienced trauma, research indicates one of the most important aspects of treatment is the relationship between the child and the play therapist. The ability to relate to one another is influenced by our early experiences of attachment to a primary caregiver. This workshop will describe the four primary styles of attachment. A child’s attachment style will influence the interaction between him/her and the play therapist. Also patterns of attachment greatly influence the ability to heal from traumatic experiences. This workshop will also briefly explore the attachment style of play therapists and how that impacts their interactions with clients. Videos of clients with different attachment styles will be used for demonstration.

At the end of this workshop, the learner will be able to:

- Describe the four styles of attachment seen in play therapy.
- Explain how attachment styles impact behaviors in play therapy.
- Identify how attachment styles influence healing in trauma in play therapy.

Friday, October 2nd: Part IV- Aggression- Hyperarousal

Description: This workshop will discuss aggression in play therapy from an interpersonal neurobiology approach. Recent research has indicated that aggression in children is much more complicated than we had considered in the past. Depending on attachment patterns, adverse childhood experiences, and current traumatic experiences, a child’s need for aggressive play in play therapy could be extremely complex. Research also indicates that rough and tumble (R&T) play “may be necessary for long-term emotional health” p115. This workshop will discuss how to distinguish between R&T play and traumatic play, as well as how to distinguish between uncontrolled, impulsive versus controlled, purposeful aggressive traumatic play. Videos will be shown for demonstration.

At the end of the workshop, the participant will be able to:

- Explain the differences between R&T play and traumatic aggression in play therapy
- Describe traumatic uncontrolled, impulsive aggressive play in play therapy.
- Describe traumatic controlled, purposeful aggressive play in play therapy.

Kestley, T.A. (2014). *The interpersonal neurobiology of play: Brain-building interventions for emotional well-being*. New York, NY: W.W. Norton & Company, Inc.

Friday, December 4th: Part V- Dissociation-Hypoarousal

Description: When a child experiences trauma, the brain may respond through dissociation. “The child’s dissociation in the midst of terror involves numbing, avoidance, compliance, and restricted affect, the same symptom cluster found in adult PTSD.” p.126. This workshop will describe the various levels of dissociation/hypoarousal presented by traumatized children in play therapy. The approach a play therapist takes with a dissociative child in play therapy will be pivotal in healing trauma. This workshop will outline the various methods for working with different levels of dissociation. Videos will be shown for demonstration.

At the end of the workshop, the learner will be able to:

- Explain the differences between levels of dissociation presented in play therapy.
- Describe methods for working with dissociation in play therapy.
- Describe behaviors and emotions associated with levels of dissociation in play therapy.

Solomon, M.F., Siegel, D.J. (Eds). (2003). *Healing Trauma: Attachment, mind, body, and brain*. New York, NY: W.W. Norton & Company, Inc.

Schedule for 2020 Training Series

Friday, April 3rd- Part I: Introduction to Play Therapy

7:45-8:15: Registration and sign in (Light refreshments provided)
8:15-10:00: Introduction to Play Therapy
10:00-10:15: Break
10:15-12:00: Introduction to Play Therapy

Friday, June 5th- Part II: Responding to the Language of Children

7:45-8:15: Registration and sign in (Light refreshments provided)
8:15-10:00: Responding to the Language of Children
10:00-10:15: Break
10:15-12:00: Responding to the Language of Children

Friday, August 7th: Part III- Attachment and Trauma

7:45-8:15: Registration and sign in (Light refreshments provided)
8:15-10:00: Attachment and Trauma
10:00-10:15: Break
10:15-12:00: Attachment and Trauma

Friday, October 2nd: Part IV- Aggression- Hyperarousal

7:45-8:15: Registration and sign in (Light refreshments provided)
8:15-10:00: Aggression- Hyperarousal
10:00-10:15: Break
10:15-12:00: Aggression- Hyperarousal

Friday, December 4th: Part V- Dissociation-Hypoarousal

7:45-8:15: Registration and sign in (Light refreshments provided)
8:15-10:00: Dissociation-Hypoarousal
10:00-10:15: Break
10:15-12:00: Dissociation-Hypoarousal

About the presenter

Dr. Marilyn S. Snow is a National Certified Counselor, a Licensed Professional Counselor in Georgia and a Licensed Professional Counselor-Supervisor in Mississippi, a Registered Play Therapist-Supervisor, and an Approved Clinical Supervisor. She is currently in private practice in Madison, Ga. She is an Associate Professor Emerita in Counselor Education retired from The University of Mississippi. She has over 30 years of experience as a mental health counselor and 20 years of experience as a play therapist. She has published in the area of play therapy, attachment, trauma, and dissociation. She has been the director of the Oxford Play Therapy Training Institute, a non-profit center providing play therapy services and training opportunities for play therapy, which later was housed at The University of Mississippi as the Child Advocacy and Play Therapy Training Institute. She developed the first specialist degree in play therapy, which is offered online by Ole Miss. She has trained masters and doctoral students in play therapy, and many of her doctoral students are now professors in play therapy training programs throughout the United States. She was on the board of the Association for Play Therapy for six years and chaired the board for one year. She serves as an expert witness in cases of child abuse throughout the United States having worked in the states of Iowa, New Mexico, Kentucky, Missouri, Pennsylvania, and on many cases in Mississippi. www.drmarilynssnow.org

How to Register

Early registration deadline for **Part I: Friday, March 27**
Part II: Friday, May 29
Part III: Friday, July 31
Part IV: Friday, September 25
Part V: Friday, November 27

www.achildsvoicecac.org/playtherapy

770-464-0082

Registration Fees

\$50 per workshop if registered before early registration deadline

Late registration and on-site registration available for \$65

CEU fee: \$10 per workshop

Register for all 5 at one time and receive a 10% discount!

Continuing Education Credit for 3.5 hours is pending through the Georgia Association for Play Therapy and the UGA School of Social Work. The Continuing Education Processing Fee is \$10 per person per session, and may be paid with the registration fee or on site at the training. CE Applications will be available on site and certificates will be provided to participants following the event. It is the responsibility of the attendees to check with their state licensing board to ensure CE credit meets the regulation of their board.

Social Work: Credit will be offered through the University of Georgia School of Social Work (pending)

Counseling: Credit will be offered through the University of Georgia School of Social Work (pending)

LMFT: Credit will be offered through the University of Georgia School of Social Work (pending)

Play Therapy: Credit will be offered through the Georgia Association of Play Therapy (pending)

Cancellation and Refund Policy

To cancel your registration, you must notify the workshop coordinator in writing. Cancellations received 3 weeks before the event or earlier will be refunded minus a \$20 nonrefundable administrative fee.

Cancellations received between two to three weeks before the training will be refunded minus a \$40 nonrefundable administrative fee. Absolutely no refunds will be granted within one week of the training.

Registration transfers to other individuals or other scheduled training opportunities are considered on a case by case basis.

Other information

ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please contact Lauren Gregory at 770-464-0082 prior to the training to ensure arrangements are made.

Pictures: A Child's Voice reserves the right to take pictures during these trainings for promotional use. Your attendance at the training grants permission for A Child's Voice to use photos of you for these purposes.

Workshop Coordinator is Lauren Gregory, LMSW. For questions or concerns, contact Lauren at lgregory@achildsvoicecac.com with the subject "Play Therapy Series" or at 770-464-0082.