

## **Play Therapy History Models and Process (2 days)**

### **Learning Outcomes:**

The student will be taught to:

- 1) Summarize the history of play therapy as a profession.
- 2) Identify the major theoretical models of play therapy, including the pioneers, major components, role of the therapist, and empirical support.
- 3) Explain the tenets of prescriptive play therapy and how to match the approach to the child's needs.
- 4) Describe the guidelines for developing a personal theoretical model.
- 5) Describe the stages in the play therapy process and how to pace sessions according to the child's readiness to address issues.
- 6) Describe basic themes in children's play and how to tie them to children's life experiences.
- 7) Identify how to record themes in children's play.
- 8) Explain how to determine therapeutic movement within therapy and when a child is ready to terminate.
- 9) Cite recent research studies supporting the effectiveness of play therapy.
- 10) Overview play therapy research and publications.

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## **Treating Disruptive Behaviour Problems in a Play Therapy Setting (2 days)**

### **Learning Outcomes:**

The student will be taught to:

- 1) Identify symptoms and characteristics of ADHD and the three different types
- 2) Identify symptoms and characteristics of CD 3. Identify symptoms and characteristics of OD
- 3) Identify and be able to access screening tools
- 4) Describe both the risk factors and protective factors related to DBD's (biological, familial, school)
- 5) Describe and be able to utilize evidence-informed techniques using play therapy models for helping children and youth with DBD's including play therapy techniques to address specific challenges being presented
- 6) Describe and apply play therapy interventions that parents and teachers can use to manage disruptive behaviours, and to strengthen the client's resiliency.
- 7) Understand the origins of aggressive behavior and the key factors which can be introduced a preventive or early intervention components.

## **Vicarious Trauma and Self Care (1 day)**

### **Learning Outcomes**

The student will be taught to:

- 1) Articulate the importance of self-care while practicing play therapy
  - 2) Describe and understand Vicarious Trauma, Compassion Fatigue, and Resiliency
  - 3) Identify the impact of the pandemic on Vicarious Trauma, Compassion Fatigue, and Resiliency
  - 4) Articulate why boundaries with clients during the practice of play therapy are important
  - 5) Develop creative modalities for an individual self-care program
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## **Assessment & Treatment Planning in a Play Therapy Context (1 Day)**

### **Learning Outcomes:**

The student will be taught to:

- 1) Apply several innovative play therapy techniques to facilitate rapport-building.
  - 2) Articulate two key guidelines when meeting with parents for the initial session.
  - 3) Implement play therapy techniques to assess children, adolescents, and families.
  - 4) List the steps for developing a treatment plan.
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