

## Outline

### Play Therapy – How to Use it!

#### Specific Techniques and Novel Approaches

Assessment and diagnostic  
Techniques to use early on in treatment  
An ongoing process  
Therapeutic benefits  
Emotions and behavior  
Verbal and Non-Verbal  
Communication – learn to listen to your client  
Language, play and drawing development

#### Disorders and Client Situations

Trauma/PTSD  
Anxiety  
OCD  
Depression and self-esteem issues  
ADHD  
Abuse  
Fears/nightmares  
Groups and families

#### Play Therapy Techniques

##### Non-Directive Techniques:

Sand tray work  
Watercolors  
House-tree-person  
Play dough  
Finger painting

##### Directive Techniques:

I Spy  
Story Telling  
Sentence Completions  
Doll house  
Gift boxes  
Movement  
What do you want to be when you grow up?  
What animal am I?  
Role Playing  
Puppets  
Maps – where in the world do you want to be?  
Dance and movement  
Board games  
Emotions – Feelings and faces  
Bam Bam dolls  
Music

#### Areas of Caution

Wet and dry  
Selecting the right mediums  
The Limbic System  
Importance of collaboration  
Children who have been abused  
Sexualized and acting out behaviors  
Importance of self-care

## Objectives


1. Critique methods for how to engage the family for long-term success.
2. Implement easy play therapy techniques for specific presenting issues: anger, abuse, depression, etc.
3. Diagnose various mental health issues through the utilization of play.
4. Demonstrate short-term play therapy techniques to maximize behavior change.
5. Organize these tools in order to be able to determine the best play techniques, depending upon the presenting issue.
6. Compile a thorough list of play techniques in order to be more effective in a variety of settings including group play therapy.

**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

#### Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (*on your own*)  
**4:00** Program ends

For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.



Applications of the Adult Attachment Interview

**DR. DAN SIEGEL**

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# PLAY Therapy

Proven Treatment Strategies for Trauma, Anxiety, OCD and More!

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**FREDERICK, MD**  
Wednesday, November 15, 2017

**ROCKVILLE, MD**  
Thursday, November 16, 2017

**FAIRFAX, VA**  
Friday, November 17, 2017

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Proven Treatment Strategies for Trauma, Anxiety, OCD and More!

Powerful techniques for your toolbox:

Sand Tray  
Art Therapy  
Role Play  
Music/Dance

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# PLAY Therapy

**Proven Treatment Strategies for Trauma, Anxiety, OCD and More!**

**you will leave with a toolbox filled with ready to use Play Therapy techniques that you will immediately implement in your work with children and can also be adapted for clients of all ages.**

Attend this workshop and you will learn how to interpret the way in which children play, the importance of what they play with, what they create and the significance of patterns in their play. You will learn to “listen” to what they are telling you. Play Therapy expert, Christine Dargon, Ph.D., will show you how to effectively use sand trays, coloring exercises, puppets, dance/movement, “I Spy”, Gift Boxes and so many other powerful techniques. Much of this conference will include active learning and hands-on participation. So get ready to learn and have fun!

**Target Audience:** Play Therapists • Psychologists • Counselors • Social Workers • Educators Occupational Therapists • Occupational Therapy Assistants • Speech-Language Pathologists

## Speaker

**CATHERINE SPOONER, LCSW, RPT/S, CTS-C,** , earned her certification as a Registered Play Therapy Supervisor through the Association for Play Therapy in 2009. She has been working in private practice specializing in providing play and expressive therapy services to children and adolescents, and has also integrated expressive arts into clinical practice in residential treatment. Catherine has spent her entire professional career, since 1981, working with children, adolescents and their families. She has worked in a variety of capacities including therapeutic recreation with special needs children, teaching special education with children experiencing emotional and learning difficulties, residential mental health treatment programs, substance abuse treatment and outpatient psychotherapy. She was introduced to the therapeutic powers of play during her time in special education in the late 1980’s. As an outpatient psychotherapist, Catherine began specializing in the integration of play and expressive therapies into clinical practice since 2000. During this time she obtained her certification in play therapy and basic sand therapy.

Her expertise includes children and adolescents experiencing trauma and attachment issues as well as depression, anxiety, grief & loss, behavior problems, court-involved youth, homeless populations, ADHD, foster care and adoption issues, parental separation, divorce and school issues. Her interest in traumatized children and adolescents led her to obtain her trauma certification through the National Institute for Trauma and Loss in Children TLC). This trauma certification integrates the sensory aspect of trauma with a grounding in neurobiology using play and expressive therapies. In addition to providing psychotherapy services, Catherine is a seasoned speaker at national, state and local conferences and workshops. She conducts workshops using play therapy, for trauma and attachment issues and treatment and multicultural issues impacting children and adolescents. She also provides clinical consulting and supervision services to mental health professionals working with children and adolescents.

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**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

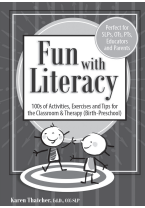
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### 70 Play Activities for Better Thinking, Self-Regulation, Learning & Behavior

By Lynne Kenney, Psy.D. & Rebecca Comizio, MA,MA-Ed, MCSP

Packed with worksheets, handouts, and guided scripts with step-by-step directions, this definitive resource will put you to the top of your play game. With over 70 activities designed to improve thinking, self-regulation, learning and behavior, your tool kit will be full and your creative brain will be inspired to craft your own meaningful exercises. Play now, Play later... with 70 *Play Activities* for better brain function and learning.



### Fun with Literacy:

100s of Activities, Exercises and Tips for The Classroom & Therapy (Birth-Preschool)

By Karen Thatcher, EdD, CCC-SLP

This incredible resource makes adapting therapy to include literacy simple, fun and inexpensive. Whether you’re an **OT, SLP, PT, educator** or **parent**, *Fun with Literacy* gives you hundreds of multi-disciplinary activities to improve literacy skills in children ages birth to preschool.



### Hands-on Activities for Children with Autism & Sensory Disorders

By Teresa Garland, MOT, OTR/L

Innovative, practical and fun activities for children with autism and sensory disorders. Following a step-by-step recipe format, Teresa Garland, MOT, OTR/L provides nearly 200 activities and interventions to help children with their sensory needs. This highly detailed, illustrated and accessible guide is a rich resource for any therapist, teacher or parent.

**Visit our Online Product Store @ [www.pesi.com/bookstore](http://www.pesi.com/bookstore)**

### LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

**Credits listed below are for full attendance at the live event only.** Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**PLAY THERAPISTS:** PESI, Inc. is an APT Approved Provider 05-165. Full attendance at this program will qualify for 6.0 contact hours. Play therapy credit will not be awarded to non-mental health professionals.

**COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**DISTRICT OF COLUMBIA COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The District of Columbia Municipal Regulations for Professional Counseling recognizes courses and providers that are approved by the American Psychological Association. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**VIRGINIA COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Virginia Board of Counseling recognizes courses and providers that are approved by the American Psychological Association. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**WEST VIRGINIA COUNSELORS:** PESI, Inc. has been approved as a continuing education provider through the West Virginia Board of Examiners in Counseling. Provider #: WVBC-558. This course qualifies for 6.25 continuing education credits.

**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**WEST VIRGINIA EDUCATORS:** This course has been submitted to West Virginia University Extended Learning.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.



PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

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**WEST VIRGINIA SOCIAL WORKERS:** The West Virginia Board of Social Work Examiners can only approve programs held in the state of West Virginia. This course does not qualify for West Virginia social work credits. You will still receive a certificate of completion at the end of the seminar to retain for your records.

**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

## How to Register PLAY THERAPY

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#### ADA needs:

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

#### Tuition Options:

\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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