

Outline

Play Therapy – Why Play

Getting Started

Therapeutic benefit
Limitations & potential risks
Assessment and diagnostic
From intake to termination
An ongoing process
Therapeutic benefits
Engaging children in play
Neurobiology of play
Repair of developmental trauma
Tools for self-regulation

Disorders and Client Situations

Trauma/PTSD
Anxiety
OCD
Depression and self-esteem issues
ADHD
Abuse
Divorce
Loss

Play Therapy Techniques

Non-Directive Techniques:
Client-centered play therapy
Sandtray
Music and art

Directive Techniques:

3 Animals
Red Light / Green Light Scribble
Fun with feathers
Puppet Play
Bubble Tennis
7 Sentence Story
Build a House®
Kinesthetic Storytelling®
Mind Jars
Worry Dolls
Fantasy Island
Superhero Gadgets
Mindful Freeze Dance
Worry Brain Trap
Self Care Mind Maps
Labyrinths
Sandtray Interventions

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. Assess anxiety symptoms through play therapy techniques to better inform treatment outcomes.
2. Consider the ethical implications and clinical limitations of using play therapy in clinical practice.
3. Incorporate attachment-based play activities into your practice to improve client engagement in treatment.
4. Determine the neurobiological implications of using play therapy among clients with various diagnoses.
5. Develop a plan for introducing play therapy into clinical practice for treatment resistant and challenging children and families.
6. Characterize how play therapy can reframe trauma experiences, increase self-regulation and connect to a mind-body awareness.

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

Questions?
Call customer service at 800-844-8260

Live Seminar & Webcast Schedule (Time listed in Eastern)

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

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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PLAY Therapy

Attachment-Based Treatment Interventions
for Trauma, Anxiety, OCD and More!

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

Attend this workshop and you will learn how to communicate with children through play, strengthen relationships, help children regulate their minds and bodies, and to help them create a safe space to heal. Experience the fun-filled power of play therapy and other expressive arts modalities. Tammi Van Hollander, LCSW, RPT, will show you how to effectively use sand trays, bibliotherapy, mindfulness and so many other powerful techniques. Much of this conference will include active learning and hands-on participation. Get ready to learn and have fun!

Speaker

TAMMI VAN HOLLANDER, LCSW, RPT, is a licensed clinical social worker and registered play therapist. She is the owner of Main Line Play Therapy in Ardmore, PA. Tammi is an international speaker and play advocate. She is a certified trainer for the Nurtured Heart Approach®, a certified FirstPlay® practitioner, trained in level one Theraplay® and EMDR. Her work and creative interventions in the field of play therapy have been published and internationally recognized. Her Facebook community is internationally recognized for her resources and interventions that are shared with teachers, parents, clinicians and other professionals. She specializes in attachment, sandtray play therapy & sensory integration working with children, families, and adults of all ages. Tammi is the author of an attachment-based multi-sensory story titled *Casey's Greatness Wings: Teaching Mindfulness, Connection and Courage to Children*. For more information on Tammi's publications and work, visit her website at www.mainlineplaytherapy.com

Speaker Disclosure:

Financial: Tammi Van Hollander is the owner of Main Line Therapy, LLC. She receives a speaking honorarium from PESI, Inc.

Non-financial: Tammi Van Hollander is a member of the Association for Play Therapy.



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250 Brief, Creative & Practical Art Therapy Techniques

A Guide for Clinicians and Clients

By Susan I Buchalter, Art-BC, CGP, LPC

These unique 250 art exercises increase self-esteem, self-awareness and a feeling of success in artistic expression and communication, allowing clients to engage in therapeutic exercises without judgment. Using simple materials like paper, pencils and markers, these techniques can be immediately implemented in your practice.



Play Therapy

Engaging & Powerful Techniques for the Treatment of Childhood Disorders

By Clair Mellenthin, LCSW, RPT-S

Play Therapy is filled with dozens of powerful play techniques adapted for use in individual, family, and group therapy, for schools, and at home. Discover how to use play therapy to treat: ADHD — Anxiety — Autism — Disruptive Behavior Disorders — Depression — OCD — PTSD — Trauma — Self-Esteem — Social Skills



Mindfulness Skills for Kids

By Debra Burdick, LCSW, BCN

52 exercises and practices to help kids calm their mind and body, pay attention, become more self-aware, feel happier and confident, connect with others and have fun. Deck can also be used as card games (based on popular children's games) that encourage kids to practice a mindfulness skill each time they win a hand. Great for therapists, teachers and parents. Perfect for ages 4 and up.

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Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on December 5, 2018, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$29.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/66293

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and 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 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 Health 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.

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

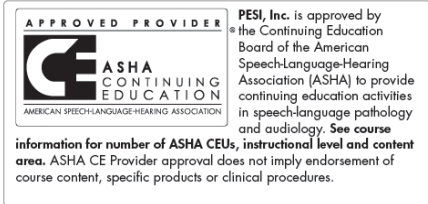
NEW JERSEY EDUCATORS, ADMINISTRATORS & EDUCATION SERVICES PERSONNEL: This activity will offer 6.0 Actual Professional Development Hours. PESI, Inc., powered by MEDS-PDN, is a registered New Jersey Professional Development Provider with the NJ Dept of Education.

PENNSYLVANIA SCHOOL PERSONNEL: 6.5 ACT 48 Hours will be made available through Capital Area Intermediate Unit (CAIU) for locations in Bensalem, PA on 12/6/18 and in King of Prussia, PA on 12/7/18. Those requesting ACT 48 Hours will be required to sign in and provide their Pennsylvania Certification Number and will receive instructions at the seminar on how to create a free online account with CAIU; only those individuals who have a CAIU online account are eligible to receive ACT 48 Hours.

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: This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.



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

**** Please note that Speech-Language Pathologists who participate in the live webcast will be required to complete additional steps if they want their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts Section of the webcast.**

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TUITION OPTIONS

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Advance registration by phone required.*

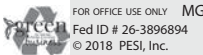
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