

## 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!**

*Featuring Tammi Van Hollander, LCSW, RPT,  
Author, International Presenter and Play Therapy Expert*

#### Powerful techniques for your toolbox:

Sand Tray  
Art Therapy  
Mindfulness  
Bibliotherapy

# 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!

Play Therapy is an incredible communication tool for children. Children speak the language of play and the toys are their words. Play therapy allows children to:

- Manage anger and express thoughts and feelings
- Improve self-control and boost self-esteem
- Reduce fear, anxiety and depression
- Heal trauma

## 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](http://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.



**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.

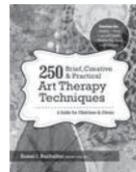
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### 250 Brief, Creative & Practical Art Therapy Techniques

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.

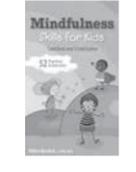


### Play Therapy

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](http://www.pesi.com/webcast/66293)

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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocity approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [ce@pesi.com](mailto:ce@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.

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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

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**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.

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**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).

\*\* 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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**NEW JERSEY SOCIAL WORKERS:** Please contact PESI, Inc. at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for information about continuing education credits for social workers.

**PENNSYLVANIA SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS AND PROFESSIONAL COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

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

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