| Name   |   |
|--|---|
| Profession   |   |
| Address  |   |
| City   | County  |
| State  | Zip   |
| Home/Cell Ph ( )   |   |
| E-mail address   |   |
| Registration email address is required to receive your certific  | icate of completion and registration confirmation |
| Tuition and 4-night stay—August 25   | <b>5-29, 2019 (</b> 70617PKS)                     |
| <ul> <li>□ Early bird by 7/21/2019—\$1,799 per per</li> <li>□ Standard—\$1,999 per person</li> <li>□ \$20.00 IL ISBE Certificate Processing For more information on this fee contact cepesi@pesi.com</li> <li>**Bring a friend and SAVE \$200 each!</li> </ul> | Included with Tuition:                            |
| Tuition and 4-night stay, double occupan  ☐ Early bird by 7/21/19—\$1,599 per pers  ☐ Standard—\$1,799 per person  | •   |
| To register for double occupancy, please the same time. Indicate your roommate's   |   |
| Roommate's name:   |   |
| Please indicate method of payment.  Check enclosed payable to PESI, Inc Am. Exp. (15 Digits) VISA (13-16 Digits) MC  |   |
| Card Number:   | Card Expires//                                    |
|  |   |

For additional details, cancellation policy and FAQ go to: pesi.com/express/70617

www.pesi.com/express/70617

### HOW TO REGISTER

Choose the easiest registration method for you:

ONLINE | pesi.com/express/70617 PHONE

800-844-8260

FAX | 800-554-9775

PESI, Inc. P.O. Box 1000 Eau Claire, WI 54702-1000 A division of PESI, Inc.

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ORGANIZATION U.S. POSTAGE PAID EAU CLAIRE WI PERMIT NO. 32729

PESI, Inc.

PO BOX 1000

Eau Claire, WI 54702-1000

CERTIFICATE PROGRA

### Fed ID # 26-3896894 © 2019 PESI, Inc. ATTACHMENT-BASED PLAY THERAPY

IN A RETREAT SETTING

Trinity Center is your island get-away! Located between the Atlantic Ocean and Boque Sound on the beautiful southern banks of North Carolina. Come walk the beaches or watch the sunset. Earning up to 24 CE hours has never been more relaxing!

In my 20 years as a play therapist, I have gathered all the approaches that are closest to my heart. In five days, I will share the theories and techniques that I am most passionate about with you.

Throughout this intensive retreat, we will implement integrative therapeutic approaches with roots in non-directive and directive play therapy theories. These include emerging play therapy models like attachment-based play therapy, FirstPlay Kinesthetic Story-telling®, AutPlay®, and nature-based play therapy. In addition, sandtray, mindfulness, bibliotherapy, The Nurtured Heart

Through hands-on experiential activities, learn new and innovative techniques to integrate into your play therapy practice including:

- guided imagery
- · sandtray interventions
- expressive arts

Did I mention that we will be spending ONE FULL DAY on the BEACH utilizing the world's biggest sand tray! I will guide you through a personal sandtray and you'll participate in several community sandtrays. The basics will be provided, but would love to extend an invitation for you to bring a few of your favorite miniatures for use throughout the week.

You'll leave this retreat with a toolbox of play therapy interventions and knowledge that will benefit you professional and personally.

In August, the sun will be shining, the beaches sparkling, and the water is warm and inviting. I'm looking forward to seeing all of you in North Carolina. Remember your flip flops!

Warmly,

Tammi

Limited availability! Register today at www.pesi.com/express/70617

### Instructor



Tammi Van Hollander, LCSW, RPT-S, is a licensed clinical social worker and registered play therapist. She is the owner of Main Line Play Therapy in Bryn Mawr PA where she works with children and families and consults with local schools and community members. She is a certified trainer for the Nurtured Heart Approach®, a certified FirstPlay® practitioner, trained in level one Theraplay® and EMDR.

Tammi's work and creative interventions in the field of play therapy have been published and internationally recognized. Tammi is the author of a multi-sensory, attachment-based children's book titled, Casey's Greatness Wings: Teaching Mindfulness, Connection and Courage to Children.

She specializes in attachment, sand tray play therapy & sensory integration working with infants, children, families, and adults of all ages. She is regular faculty member at The Expressive Therapies Summit in NYC and LA. She is a sought-after expert for speaking engagements, podcasts and webinars. For more information on Tammi's publications and work, visit her website at www.mainlineplaytherapy.com.

Speaker Disclosures:

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.

# RETREAT HIGHLIGHTS

- Award winning landscape
- Island views
- Walking paths
- Beaches
- Pool

Approach®, and other expressive arts therapies will be discussed.

#### RETREAT LOCATION

Trinity Center 618 Salter Path Road Pine Knoll Shores, NC 28512 www.trinityctr.com (252) 247-5600

### TRINITY & CENTER

PESI sponsored retreat located at Trinity Center, North Carolina.

www.pesi.com/express/70617

### Retreat Content

#### **Attachment-Based Play Therapy**

Introduction to attachment theory Identify various styles of attachment

Infant & Child Development Theory

Neurobiology of play

Introduction to play therapy

Play therapy across ages, stages and special populations

- Young children, adolescents, and adults
- Adoption
- Trauma, grief and loss
- OCD, anxiety, aggression and more!

From intake to termination

Limitations of the approach and potential risks

#### Trauma's Impact on Brain Development, **Behavior and Relationships**

Neurobiology of trauma

Somatic and physiological responses in the body Repair neurodevelopmental trauma

Create a safe place

#### **Experiential & Hands-On Retreat**

Play in the world's largest sand tray – on the beach!

Specific interventions to address behavioral & sensory

Activities to promote healthy relationships & self-regulation Case consultation, processing and case studies Non-Directive Techniques:

- Client-centered play therapy
- · Music and art

#### Directive Techniques:

- 3 animals
- · Red light / green light

Mind jars

Worry dolls

Fantasy island

Superhero gadgets

· Worry brain trap

Labyrinths

· Mindful freeze dance

Self-care mind maps

- Scribble
- Fun with feathers
- Puppet play
- · Bubble tennis
- 7 sentence story
- · Build a House®
- Kinesthetic Storytelling®

#### **Sandtray and Play Therapy**

Personal reflection

Address transference and counter-transference Process guestions to delve deeper into healing Creation of group, individual and family sandtrays

Sources of sand: Wet vs dry Setting up the playroom

Conducting a sand tray session

#### **Bibliotherapy and Play Therapy**

Perfect combination to create healing Power of metaphors and storytelling Create your own therapeutic library

Safely empower children to work out what is troubling them

Anger

· Trauma and more!

- Divorce
- Loss

#### **Mindfulness and Play Therapy**

Slow down bodies and minds

Quiet the nervous system, increase attention/focus and

alleviate anxiety

Heart-centered kindness and compassion

Difference between adult and child mindfulness processes

Guided imagery exercises

Full body relaxation techniques Nature-based play therapy

#### **Nurtured Heart Approach® and Play Therapy**

Three Stands

Igniting Children's Greatness

**Greatness Sticks** 

Transforming the Intense Child Positive Recognitions and "Resets"

Working collaboratively with parents and schools

### Play Therapy Across Ages, Stages and Special

Play Therapy for young children, adolescents, and adults Adoption

Grief, loss, and bereavement

Life transitions: Divorce, new home or school

Enuresis, Encopresis

OCD, perfectionism, anxiety, aggression and more!

30 + interventions to take home and put into practice!

## Learning Objectives

- 1 Utilize the core methodology of the Nurtured Heart Approach® (NHA) in order for clients to build healthy relationships.
- 2 Identify the ways NHA applies to all children regardless of their level of intensity, social-emotional development, or resistance.
- 3 Discuss both directive and non-directive play therapy techniques to determine when to use in therapy.
- 4 Apply play therapy skills to build resilience through development of relationships, intentional reflection of successes, and established limits.
- **5** Describe the therapeutic value of incorporating sandtray play therapy for trauma work.
- 6 Determine the benefits of mindfulness and play therapy for children to regulate emotions and feel empathy.
- 7 Identify safe and effective outlets to help clients heal trauma, reduce anxiety, improve relationships, and gain resilience through play therapy
- 8 Articulate how to integrate sandtray play therapy with children, adolescents and adults into your practice.

To view more Learning Objectives, go to www.pesi.com/express/70617



**Target Audience:** Counselors, Social Workers, Play Therapists, Psychologists, Psychotherapists, Marriage & Family Therapists, Nurses, Addiction Counselors, Occupational Therapists, Occupational Therapy Assistants, Speech & Language Professionals, Educators, Other Mental Health Professionals.

### Retreat Schedule

#### Sunday, August 25

6:30pm

Arrive/Check-in/Orientation 4:00pm

5:30-6:30pm Introduction\*

Dinner

8:00-9:00pm Educational Program /

## **Educational Program** IN A RETREAT SETTING Experiential Activity\*

ATTACHMENT

#### Monday & Tuesday, August 26 & 27

Breakfast 8:00am

9:30am-12:30pm Educational Program\* 12:30pm Lunch & Individual Activity

**Educational Program\*** 2:30-5:00pm

5:00-6:00pm Individual Activity/Leisure Time

6:00pm

8:00-9:00pm Educational Program / Experiential Activity\*

#### Wednesday, August 28

8:00am Breakfast

9:30am-12:30pm Educational Experiential on the Beach\*

12:30pm Lunch & Individual Activity

Educational Experiential on the Beach\* 2:30-5:00pm

5:00-6:00pm Individual Activity/Leisure Time

6:00pm Dinner

8:00-9:00pm **Educational Program\*** 

#### **Thursday, August 29**

8:00am Breakfast 9:30am-12:00pm Educational Program\*

12:00pm Closing Lunch 1:00pm Departure

\*CE hours are awarded during these specified times





### **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" on this brochure 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 profession's standards.

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

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 24.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance. PLAY THERAPISTS: PESI, Inc. is an APT Approved Provider 05-165. Full attendance at this program will qualify for 24.0 contact hours. Play therapy credit will not be awarded to non-mental health professionals.

COUNSELORS: This intermediate activity consists of 24.0 clock hours of continuing education instruction. Credit equirements 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

Educators/Teachers: This course is designed to qualify toward your professional development requ The program is 24.0 clock hours in length.

Illinois Educators: 24.0 ISBE Professional Development (PD) Clock Hours will be made available through Ouincy University NORTH CAROLINA COUNSELORS: This intermediate activity consists of 24.0 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. MARRIAGE & FAMILY THERAPISTS: This activity consists of 1440 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 24.0 contact hours. Partial contact hours will be awarded for partial attendance.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 24.0 contact hours or 2.40 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 activity consists of 24.0 clock hours of continuing education instruction The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, Sout Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance. PESI, Inc. designates this live activity for a maximum of 24.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity, PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

NORTH CAROLINA PSYCHOLOGISTS: This course is designed to meet the Category B Requirements of the North Carolina Psychology Board, provided it is within your scope of practice of psychology. Please retain all documents to provide to your board should this be requested of you. This activity consists of 1440 minutes of



Board of the American In speech-language patholog and audiology. See course information for number of ASHA CEUs, instructional level and contents

SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for 2.40 ASHA CEUs

SPEECH-LANGUAGE PATHOLOGISTS ONLY: To be reported to ASHA, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Speech-Language Pathologists and/or Audiologist requesting to have your credit hours reported to the ASHA CE Registry to earn ASHA CEUs?" and include your ASHA number. After completing and passing the online post-test/evaluation, your information wil

automatically be sent to cepesi@pesi.com to be reported. If you forget to answer yes, please send an email to cepesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 24.0 Clinical Practice continuing education credits. Course Level: Intermediate, Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 1440 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.

For additional information: www.pesi.com/express/70617