





# 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 challenges  
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
- 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 and Play Therapy

Personal reflection  
Address transference and counter-transference  
Process questions 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

- Divorce
- Loss
- Anger
- Trauma and more!

## 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 Populations

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 techniques.
- 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](http://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

4:00pm	Arrive/Check-in/Orientation
5:30–6:30pm	Educational Program Introduction*
6:30pm	Dinner
8:00–9:00pm	Educational Program / Experiential Activity*

## Monday & Tuesday, August 26 & 27

8:00am	Breakfast
9:30am–12:30pm	Educational Program*
12:30pm	Lunch & Individual Activity
2:30–5:00pm	Educational Program*
5:00–6:00pm	Individual Activity/Leisure Time
6:00pm	Dinner
8:00–9:00pm	Educational Program / Experiential Activity*

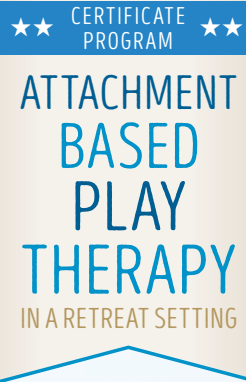
## Wednesday, August 28

8:00am	Breakfast
9:30am–12:30pm	Educational Experiential on the Beach*
12:30pm	Lunch & Individual Activity
2:30–5:00pm	Educational Experiential on the Beach*
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](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 profession’s standards.

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

**ADDITION 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 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.

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

**Illinois Educators:** 24.0 ISBE Professional Development (PD) Clock Hours will be made available through Quincy 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 determine specific filing requirements.

**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, South 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 continuing education instruction.

**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for 2.40 ASHA CEUs (Intermediate level, Professional area).  
**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 will automatically be sent to [cepesi@pesi.com](mailto:cepesi@pesi.com) to be reported. If you forget to answer yes, please send an email to [cepesi@pesi.com](mailto: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](http://www.pesi.com/express/70617)