

Play Therapy Workshops

The makings of a Play Therapist

Foundations of the Play Therapy Relationship

March 12-13, 2020 9:00 am – 4:30 pm

Play Therapy Models and Applications: Best Practices in the Play Therapy Room - **NEW!**

April 30 - May 1, 2020 9:00 am – 4:30 pm

Using Play Therapy to Heal from Trauma

June 25-26, 2020 9:00 am – 4:30 pm

Location: Monaco Training Center, Amherst NY

Trainer:

Ann Beckley-Forest, LCSWR, RPT-S

Why Play Therapy?

The principles and practices of play therapy enable practitioners to engage and motivate child clients in the therapeutic process by harnessing the healing power of play. Play therapy enables the therapist to become a trusted part of the child's world. By grounding the therapist in the concept of using play as the process for client learning, play therapy training can help increase the insights, creativity and innovation of the therapist and make psychotherapy more developmentally appropriate for children.

Therapists strategically utilize play therapy to help children express what is troubling them when they do not have the verbal language to express their thoughts and feelings (Gil, 1991).

In play therapy, toys are like the child's words and play is the child's language (Landreth, 2012). We can't do therapy with children as if they are little adults. It's developmentally inappropriate and it's BORING!

Why these workshops?

These three workshops will provide clinicians with the foundations and creative interventions to work comfortably with children of all ages. Participants will learn hands-on, practical play therapy techniques that will help these children lower defensiveness and increase feelings of competency and success. Experiential activities, hands-on practice, and demonstration videos will be used to help participants gain insight into the child's world. ***If you have child clients that are bored, disruptive or avoidant, then these three workshops are for you!***

Participants may take one or more workshops based on their interest, but some previous exposure is needed to take the trauma workshop, as some basic level of understanding will be assumed.

The Foundations and Play Therapy Models trainings are designed to satisfy the new requirements for Phase 1 and 2 training in pursuit of the Registered Play Therapist credential. See the ***Association for Play Therapy*** website for a full description of the RPT process:

www.a4pt.org/page/CredentialsHomepage

Who Should Attend?

Social Workers, Psychologists, Family Therapists, Art Therapists, Psychiatrists, School Counselors, Child Life Specialists, Mental Health Counselors and Graduate Students.

Foundations of the Play Therapy Relationship

Trainer: Ann Beckley-Forest, LCSWR, RPT-S
March 12-13, 2020 9:00 am – 4:30 pm
Beginner/Intermediate

Why This Workshop?

This two-day training will increase your confidence in working with children. Learn to design your space and choose materials to engage children therapeutically and create emotional safety.

Play Therapy is a way to approach children by entering their world and allowing them to express their worries and master struggles. We will learn the fundamentals of Child Centered Play Therapy, an evidence-based treatment for children.

We will explore the continuum of non-directive to directive play therapy experiences and how to know what is happening in the session. We will also consider how to increase your success with the interventions you already use, such as CBT, by making them engaging and fun.

Learning Objectives

Participants will be able to:

- Apply content to establish a play therapy environment in the office or on the go by selecting materials such as sand tray miniatures, puppets, and creative art supplies.
- Acquire an understanding of the history of the development of play therapy in the context of theories of emotional disturbance in childhood.
- Demonstrate in a practice session at least 3 ways to create emotionally safe spaces for children with the Child-Centered Play Therapy (CCPT) approach.
- Learn and practice therapists' reflective statements and techniques for setting limits in CCPT.
- Define each level on the continuum of directive, child-responsive and child-centered (non-directive) play therapy and give an example of the therapist's behaviors at each level.
- Develop an approach for parent consultations and involvement in the play therapy process.
- Apply an understanding of the principles of temperament in play therapy to parent psychoeducation education through a practice exercise.
- Show 3 ways to teach coping skills to children through movement and game-based interventions
- Practice a guided play therapy technique for treating anxiety with a Cognitive-Behavioral Play Therapy intervention.

Who should attend?

Clinicians new to the field, new to working with children under 10 or who are afraid to work with kids. Also, anyone who needs a refresher on the "how-tos" of play therapy.



Play Therapy Models & Applications: Best Practices in the Play Therapy Room

Trainer: Ann Beckley-Forest, LCSWR, RPT-S
April 30 - May 1, 2020 9:00 am – 4:30 pm



Why This Workshop?

This workshop is designed to take participants on a journey of self-awareness as a child therapist by helping them to coherently apply play therapy principles to their current practice and deepen their commitment to using play to accomplish the core treatment goals in therapy with children. We will review some of the leading models in play therapy and apply our learning through expressive arts and sand tray experiences, as well as examine best practices in cultural competence and handling ethical dilemmas in the play therapy setting.

Learning Objectives

Participants will :

- Use a practice activity to demonstrate understanding of the core therapeutic powers of play.
- Explore how the use of sand tray and expressive arts complements play therapy practice with clients across the life span from childhood to adults.
- Apply a foundational understanding of Child-Centered Play Therapy theory and the role of the therapist to a practice session with sand tray.
- Apply a foundational understanding of Adlerian Play Therapy theory and practice to a family play activity using movement.
- Apply a foundational understanding of Gestalt Play Therapy to an experiential activity with clay.
- Apply a basic understanding of the theory and practice of Solution-Focused Play Therapy to a sand tray activity using “the miracle question”.
- Utilize a self-questionnaire about clinical theories of Play Therapy to deepen participant's own theoretical orientation.
- Apply play therapy principles of cultural competence in practice with transgender and gender nonconforming youth.
- Explore ethical issues in play therapy through the use of a practice exercise.

Using Play Therapy to Heal from Trauma

Trainer: Ann Beckley-Forest, LCSWR, RPT-S
June 25 - 26, 2020 9:00 am – 4:30 pm
Intermediate/Advanced



Who should attend?

Any therapist who is seeking creative interventions to help their traumatized clients. This workshop assumes a basic working knowledge of play therapy and seeks to enhance the skills and effectiveness of the therapist in using play therapy to help their child clients make progress on goals relating to trauma, attachment, grief/loss and digesting difficult experiences such as divorce.



Why This Workshop?

Please note: attendance at **Foundations of Play Therapy** or **Models of Play Therapy** workshop OR prior training in play therapy is required.

The impact of both exposure to trauma and insecure attachment is now well understood to have a key role in most of the presenting problems for our child clients. As play therapists, we need a framework to help children move from being either avoidant of these experiences or "stuck" in post-traumatic play. This two-day training builds on foundational play therapy skills to understand the impact of trauma and how to help children digest trauma and difficult experiences to reduce their reactivity. Therapists will learn creative interventions as well as how to use the themes and metaphors of the child's play to gradually approach and process traumatic material. We will review in depth the work of leading play therapists such as Paris Goodyear-Brown and Eliana Gil. A core component of this training is understanding attachment wounds and how to utilize attachment based activities and behaviors. You will also learn over 10 play-based soothing tools.

Learning Objectives

Participants will be able to

- Compare how kids are "stuck" in post-traumatic play to developmentally expected play.
- Apply a phase model for trauma-informed play therapy to a current case.
- Demonstrate in a practice session their mastery of a play-therapy based approach to assessing for trauma history.
- Use object-relations theory to analyze the themes of a child client's play to amplify and suggest metaphors to gradually approach traumatic material.
- Explain the steps to follow in helping children construct a trauma narrative to digest the trauma fully in a play therapy setting.
- Apply the principles of therapeutic storytelling (Mills, 2014) to a current case.
- Practice 10 play-based soothing tools to manage dissociation and hyperarousal in and out of session.
- Explain the mechanism of disrupted attachment and choose helpful attachment-promoting play therapy activities for children.

Trainer

Ann Beckley-Forest, LCSWR, RPT-S



Ann is a Licensed Clinical Social Worker in private practice in the Buffalo area, and has focused on interventions with children and adolescents throughout her career. She likes to say she became a registered play therapist because she never really grew up and loves having toys in her office! She is a registered play therapy supervisor and approved provider of play therapy education, and her specialties include intervention with very young children, as well as problems of attachment and work with adolescent and adult survivors of trauma. She is certified in EMDR, an EMDR Approved Consultant and a faculty member of the Child Trauma Institute. She has published articles on the integration of EMDR and play therapy, in both Play Therapy and EMDRIA magazines, and has offered trainings around the US and in China and Singapore.

Dates & Times

Foundations of the Play Therapy Relationship

March 12 - 13, 2020 9:00 am – 4:30 pm
Cost: \$225 (\$200 early price before March 1)

NEW!

Play Therapy Models and Applications: Best Practices in the Play Therapy

April 30 - May 1, 2020 9:00 am – 4:30 pm
Cost: \$225 (\$200 early price before March 1)

Using Play Therapy to Heal from Trauma

June 25 - 26, 2020 9:00 am – 4:30 pm
Cost: \$225 (\$200 early price before April 15)

Location: All Workshops

Monaco Training Center
4955 North Bailey Avenue, Suite 100 Amherst,
NY 14226

Early Registration Discounts

Before March 1:

2 Trainings: \$350

3 Trainings: \$500

AGENCY DISCOUNT: If you have 3 or more staff persons from an agency registering at the same time, a **\$25 discount** may be applied to each attendees total cost. Please email Ann Beckley-Forest for details:

ann.beckleyforest@gmail.com

Registration

Please register for this workshop online at www.annbeckleyforest.com/current-trainings.

Any questions please send an email to ann.beckleyforest@gmail.com with the subject line: "Play Therapy Trainings"

Cancellation Policy

No refunds after the start of the program. There will be a \$100 fee for those canceling 30 or fewer days prior to the start of the workshop. More than 30 days prior to the start of the workshop, there will be a \$50 fee.

Continuing Education Units

NYSED Contact Hours: 12 live in-person hours are approved for each two-day training; 36 live in-person contact hours if you attend all six days. Approval details are below. Full attendance is required; no partial credit will be awarded for partial attendance. Offered in collaboration with the UB School of Social Work Office of Continuing Education.

NYSED Social Workers: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0001.

NYSED Mental Health Counselors: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #MHC-0008.

NYSED Creative Arts Therapists: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #CAT-0003.

NYSED Marriage and Family Therapists: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #MFT-0007.

Trauma-Informed Certificate Programs offered through the UB School of Social Work Office of Continuing Education: Each of the trainings may be applied as 12 Elective or Grounding and Experiential Hours for an additional fee. Contact us at sw-ce@buffalo.edu for details.



Association for Play Therapy CEUs

APT Approved Provider 15-406
12 contact hours/CE's
for each workshop

Play therapy credit will not be granted to non-mental health professionals.

Questions?

Do you have questions about the workshop? Which one to attend or the material being covered? Please contact Ann Beckley-Forest at ann.beckleyforest@gmail.com or 716-553-2256.

ADA Accommodations

If you require any support for your ADA needs, please contact Ann Beckley-Forest at least 3 weeks prior to the event at ann.beckleyforest@gmail.com or 716-553-2256.

Customer Service

We are happy to respond to any concerns or questions you may have. Please contact Ann Beckley-Forest at ann.beckleyforest@gmail.com or 716-553-2256.



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P.1: [Pablo's cubism period began at three](#) by [woodleywonderworks](#)

P.2 (top to bottom): [Peinture](#) by [Frédérique Voisin-Demery](#), [Safe Places to Play and Hang Out](#) by [National Assembly for Wales](#), [Doll Faces](#) by [normanack](#)

P.3 (top to bottom): [Phnom Penh](#) by [ND Strupler](#), [Happy](#) by [David Robert Bliwas](#), [LEGOs](#) by [davitydave](#)

P.5: [Jugando con Playmobils](#) by [Manuel Martín](#)