



4-DAY ADVANCED PLAY THERAPY TRAINING COURSE (24 contact hours)

Play therapy is "the systematic use of a theoretical model to establish an interpersonal process wherein trained play therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development."

— Association for Play Therapy

Mental Health professionals could use PLAY therapeutically as either a primary intervention or as a supportive therapy to help resolve a list of clients' psychosocial difficulties:

- anxiety and depression,
- grief and loss,
- divorce and abandonment,
- crisis and trauma,
- attachment and security problems,
- social developmental issues,
- adjustment to neurodiversity
e.g. ADHD, ASD, SEN.



4-DAY ADVANCED PLAY THERAPY TRAINING COURSE (24 contact hours)

COURSE DESCRIPTION

Emotions are often helpful. They can direct attention to key features of the environment, optimize sensory intake, tune decision making, ready behavioral responses, facilitate social interactions, and enhance episodic memory. However, emotions can harm, when they are of the wrong type, intensity, or duration for a given situation. Fear is normal yet anxiety is harmful. In such case, we need to regulate our emotions.

The self-regulation of emotions, stress responses, and social interaction are important in maintaining optimal well-being. Yet, self-regulation has not developed well for young children. They need help by someone to co-regulate with them before their self-regulatory ability matures.

If young children have positive experience of being co-regulated at early stage of life, they will likely have better emotional regulation and wellness later in their lives. What if children lack of co-regulatory experiences? Some attachment-based treatment models can help repair the attachment and promote emotional wellness and positive sense of self which all are essential for children to build resilience to stress and threat.

On the other hand, according to research from neuroscience, anxiety is something wrong with the nervous system arousal and regulation. Neuroplasticity allows us to create new neuro-pathway to develop healthy stress-response. Therefore, brain building intervention is a new way to treat child anxiety.

This course covers the essential knowledge, skills and techniques of play therapy which based on attachment and brain building treatment approaches working with all three dimensions including, child-focused, parent-focused and parent-children dyad intervention modes with building a healthier emotional brain and well-integrated sense of self as the long-term goals to treat child anxiety.



CONTENT AND LEARNING OBJECTIVES

Day 1: Etiology of Child Anxiety and the implications to Play Therapy Treatment (6 hours)

After the workshop, participants are able to:

1. demonstrate knowledge on causes of child anxiety and the implications to different treatment goals and approaches.
2. demonstrate knowledge of common types and symptoms of Child Anxiety
3. demonstrate knowledge of neurophysiological perspective on Child Anxiety
4. demonstrate knowledge to conduct assessment sessions to understand the history and nature of the child's anxiety problem
5. use tools for initial assessment of sensory-sensitivity, and child anxiety

Day 2: Play Therapy Treatment I: Child-based Anxiety Treatment (6 hours)

After the workshop, participants are able to:

1. apply skills to help children develop positive internal working model and sense of self
2. design play-based activities to track and manage nervous system arousal
3. apply the therapeutic power of play to body-based strategies
4. apply the therapeutic power of play to mind-based strategies
5. apply the therapeutic power of play to calm the amygdala in state of hypervigilance

Day 3: Play Therapy Treatment II: Parent-based Anxiety Treatment (6 hours)

After the workshop, participants are able to:

1. apply skills to help parents track child's nervous system arousal and restore child's optimal zone for wellbeing
2. apply skills to help parents learn play-based strategies to widen child's window of tolerance
3. demonstrate knowledge to help parents learn brain building strategies to foster emotion well-being
4. identify 10 questions for parent/child relationship interview and assess quality of attachment
5. demonstrate knowledge and skills to prepare parents to enter attachment-based parent-child dyad play therapy

CONTENT AND LEARNING OBJECTIVES (CON'T)

Day 4: Play Therapy Treatment III: Parent/Child dyad Therapy (6 hours)

After the workshop, participants are able to:

1. apply 4 skills to create play-based experience for parent/child dyad to repair attachment
2. apply 4 skills to create play-based experience for parent/child dyad to form positive internal representations of self and others
3. apply skills to help parent/child dyad co-create and reconstruct a narrative around safety
4. apply skills to conduct therapeutic parent/child dyad activities to promote 5 aspects of secure state
5. help parent/child dyad to co-create tool kits to face stressful situations

Feedback from the previous class:

Thanks for the teaching, guidance, sharing and demonstrations. A very inspiring and fruitful course this is!

Very clear and well-organized!

I love the way you demonstrate the play!

多謝Clara悉心的準備及豐富的分享！期待日後能再次跟她學習！

感謝你連日的教導，讓我獲益良多，在Play therapy上得以改進！

開闊了很多做case的角度，不再被CCPT局限了自己的領域，學會欣賞CCPT對孩子的那份尊重和接納。做case demonstration時當孩子，更體會到play therapy的意義：與孩同行，共感孩子，是一件多麼美的事。



ENROLLMENT DETAILS

Date: 18/7 (Sun), 22/7 (Thu), 24/7 (Sat), 29/7 (Thu) 2021

Time: 10:00am-1:00pm & 2:00pm-5:00pm (6 contact hours)

Target Participants

The course content is designed for practitioners in counselling and psychotherapy, e.g. social worker, counsellor, psychologist, psychiatrist, family therapist and psychotherapist. Although not eligible to receive APT continuing education credit, allied professionals (pediatricians, nurses, OT, ST, teachers) are welcome to attend for professional enrichment.

Entry Requirement

1. For gaining APT CE credits, applicant should possess a master degree in mental health professions (for eligibility to obtain APT CE credit, please refer to <https://www.a4pt.org>).
2. For gaining Certificate of Attendance with Continued Education (CE) hours, applicant should possess a bachelor or master degree of a mental health program, or work in the Health and Allied health professions, or Early Child Education.

Enrollment Procedures

Deadline: 2/7/2021

Venue: Dream Impact (Lai Chi Kok)

Fee: \$ 8,500
\$ 8,200 (Paid on or before 25/6/2021)
\$ 7,900 (Alumni before 25/6/2021)

Online Application:

<https://www.familydynamics.com.hk/news/4-day-advanced-play-therapy-training-course-on-child-anxiety/>

Please click the above link to submit your application and payment.

An email on payment method will be sent to each successful applicant in due course.



TRAINER

Ms.Yuen Ka Wah, Clara

BSW, MSocSc (Family), MACS

Registered Social Worker

Registered Play Therapist - Supervisor (Association for Play Therapy)

Registered Circle of Security Parenting Facilitator

Ms Clara Yuen has many years of managerial and clinical experience in child counselling, play therapy, family therapy and parent services. She has been a clinical leader of professional teams building up play-based and attachment-based treatment models which demonstrating the distinctive impact of the age-appropriate and developmentally sensitive approaches to work with young children in different adverse situations. She values capacity building and are author and editor of many books and clinical intervention guides about children with neurodiversity and in psychological distress. In order to promote play therapy practice, she has developed a comprehensive curriculum and pathway for practitioners in HK to learn and practise Play Therapy and then work towards becoming a Registered Play Therapist. Clara is one of the prominent trainers of Play Therapy Education in Hong Kong recognized by Association for Play therapy (US) since 2011. She is the Founder of *Playtegrate*.

She has been so devoted to clinical enhancement and has been trained as a clinical supervisor by Anna Chesner (UK). She has provided over 1000 clinical supervision sessions for social workers, play therapists, and other clinical practitioners since 2013.

The Association for Play Therapy (US) is an international professional society offers continuing education specific to play therapy. Playtegrate as APT Approved Provider 20-601 is approved by APT to conduct continuing education for mental health professionals in HK and worldwide. If the applicants plan to work towards becoming a Registered Play Therapist in APT, this 24-hour training course is recognized by APT.

¹ Becoming a Registered play therapist, one should have 150 hours of play therapy specific instruction from APT approved providers (limit 50 non-contact hour). For details, please visit <https://www.a4pt.org>

² There are other requirements for becoming a RPT, please visit APT website for details.



REMARKS

1. Quota is limited and is allocated on a first-come-first-served basis. Yet priority goes to those who have already obtained at least 35 hours of foundational training in play therapy.
2. Confirmation will be sent by email upon receiving the enrolment form and payment.
3. Receipt will be issued on the first day of the training.
4. Please keep the receipt and no re-issue will be made.
5. Copyright of all course training materials including but not limited to handout, notes, references and PPT slides belongs to the trainer. No reproduction of any pieces of these training materials is allowed.
6. No form of recording, including audio- or video-recording, during the course is allowed.
7. Certificate of attendance will be issued after the participants have completed the training course.
8. Please be punctual. Late attendance or absence from course will result in deduction of the CE hours gained. Being late for more than 30 minutes will be counted as 1 hour. The certificate will indicate the actual number of hours attended.
9. Family Dynamics and Playtegrate reserves the right to cancel this training in the event of unforeseen circumstances. Should this occur, Family Dynamics and Playtegrate will arrange full refund. In all instances, the liability of Family Dynamics and Playtegrate is limited to refunding of registration fees only.
10. There will be Make-up class if a participant is inevitably absent from the class. Review of recording will be arranged within one month after the training session. Adjusted Non-contact training hours will be given instead.



REMARKS (CON'T)

11. An administrative fee of HK\$500 will be charged if withdrawal within 1 week from confirmation of enrolment. No refund will be made after 1 week from the date of confirmation.
12. The enrolment of the course is not transferable.
13. If Storm Warning Signal No. 8 or above, or Black Rainstorm Warning Signal is hoisted by 7am, class will be cancelled. Details of postponement or other arrangements will be announced by email/WhatsApp afterwards.
14. Personal data collected in the application form are used for processing your application and future promotion purposes. Under the provision of the Personal Data (Privacy) Ordinance, you have the right to request access to and make correction of your personal data.
15. We treasure the face-to-face learning and interaction, demonstration and experiential learning. We will try our best to keep our face-to-face workshops when condition allows. Infection control and prevention measures are enforced to ensure the participants' safety. Yet, if the COVID-19 continues to spread and social distancing is recommended, some of the training sessions maybe changed to Real-time-online-session. After-session-digital-review will be provided for those being absent with strong reasons only.
16. Special discount will be granted in future play therapy training course for participants successfully completed the training.
17. For enquiries please contact Family Dynamics 家庭動力 at 2468-1261.
18. We reserve the right to make the final decision in any dispute.