



## 6-DAY PLAY THERAPY TRAINING COURSE (42 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.



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### COURSE DESCRIPTION

Research suggests that Play Therapy is an effective mental health therapeutic approach that works best when significant others are actively involved in the treatment process. In this course, mental health practitioners would be equipped with the essential knowledge, principles of theories, skills and approaches which strengthen clients' self and the system around him/her.

The content of the course consists of the therapeutic power of play, developmental history of play therapy, prominent child development theories, effective play modalities, common themes in children's play, simple steps for setting up a play therapy room, comprehensive play-based assessment, case conceptualization, treatment planning, dimensions model for integrative practices and the Code of Ethics.

The comprehensive knowledge and skills acquired would lay a strong foundation for participants to start practicing play therapy and be able to integrate new learning in the future. Special focus will be on how to work with young clients and their family system. This 6-day course is suitable for those who are ready to use both individual and systemic intervention approaches.

### Feedback from the previous class:

Very informative, the demonstration were valuable to me in my learning.

Detailed explanation and demonstration with updated learning materials (e.g. neuroscience)

It's a well organized and structural training.

I think we should have more days!  
Everything is good!

Thank you Clara for her teaching!  
She inspired me a lot and unlocked the world of play therapy of me.

Very good!!!! I want to learn more.

謝謝 Clara 用全副心機準備/教導, 並會用最實用/update 的知識



## CONTENT AND LEARNING OBJECTIVES

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### **Day 1: Therapeutic power of Play Therapy (7 hours)**

After the workshop, participants are able to:

1. demonstrate knowledge of the history of play therapy;
2. identify 20 agents of change in the therapeutic power of play;
3. identify 3 major branches as seminal theories to the field of play therapy;
4. demonstrate knowledge of scope of historically significant play therapy theories and models; and
5. use toys as modality in play therapy.

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### **Day 2: Making sense of Child Development Theories to Play Therapy (7 hours)**

After the workshop, participants are able to:

1. apply theories and stages of childhood development in play therapy;
2. make sense of concepts from play development theories in clinical practices;
3. relate concepts of child development theories to child's needs and mental health diagnosis/disorders;
4. use concepts of child development theories in assessment and case conceptualization; and
5. use puppets as modality in play therapy.

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### **Day 3: Principles and skills of Child-Centred Play Therapy (CCPT) (7 hours)**

After the workshop, participants are able to:

1. describe the conceptual framework and principles of CCPT;
2. demonstrate essential play therapy skills of CCPT;
3. develop sense of empathetic attunement and use therapeutic language in sessions;
4. how to set up a play therapy room for integrative practices; and
5. use sand and miniatures as modalities in play therapy.





## **CONTENT AND LEARNING OBJECTIVES (CON'T)**

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### **Day 4: Creative application of CCPT for promoting self-regulation and strengthening self (7 hours)**

After the workshop, participants are able to:

1. identify common themes in children's play;
2. deal with special cases and exceptions;
3. Identify the Neurobiological mechanism in therapy;
4. creatively apply skills of CCPT on children with neurodiversity, ADHD and ASD as examples; and
5. demonstrate skills for engaging parents in the play therapy process.

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### **Day 5: Play-based assessment and case conceptualization in Play Therapy (7 hours)**

After the workshop, participants are able to:

1. identify 5 assessment domains for identifying clients' need;
2. apply the knowledge and skills in conducting play-based assessment: getting verbal and nonverbal, conscious and unconscious information;
3. assess information and make hypothesis, case conceptualization, problem definition, goal setting and intervention plan;
4. develop systemic perspective in both assessment and intervention; and
5. use art-making as modality in play therapy.

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### **Day 6: Play Therapy Dimensions Model for integrative practices (7 hours)**

After the workshop, participants are able to:

1. differentiate Directive and Non-directive Play Therapy Approaches;
2. apply Play Therapy Dimensions Model to guide clinical decision on treatment planning and implementation in an integrative manner;
3. utilize Symbol and Metaphor in therapeutic context;
4. use 1 more modalities in therapy: picture books and story-telling; and
5. list Code of Ethics for Play Therapist.





## ENROLLMENT DETAILS

**Date:** 1/10(Thr), 2/10(Fri), 4/10(Sun), 11/10(Sun), 17/10(Sat), 18/10(Sun)

**Time:** 9:30am-5:30pm (7 contract 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:** 23/9/2020

**Venue:** To be Confirmed

**Fee:** HK\$ 11,000  
HK\$ 10,500 (Pay on or before 16/9/2020)

### Online Application:

<https://www.familydynamics.com.hk/registration/registration-for-6-day-play-therapy-training-course-re-run>

Please click this link to submit your application and payment.

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



## TRAINER

### **Ms.Yuen Ka Wah, Clara**

Director of Playtegrate

Registered Play Therapist-Supervisor RPT-S#1400 (Association for Play Therapy)

Registered Social Worker,

Registered Circle of Security Parenting Facilitator

BSW, MSocSc (Family)

Ms. Clara Yuen has many years of managerial and clinical experience in child counselling, play therapy, family therapy and parenting work. She has been a clinical leader of professional teams building up play-based and attachment-based treatment models, demonstrating the distinctive impact of the age-appropriate and developmentally sensitive approaches to work with young children in different adverse situations. She has published many books and clinical intervention guides about children with neurodiversity and in psychological distress. 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<sup>1</sup>. She is one of the prominent trainers of Play Therapy in Hong Kong, recognized by Association for Play therapy (US) since 2011. She is now the Director of *Playtegrate*.

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 42-hour training course is recognized by APT<sup>2</sup>.

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<sup>1</sup> 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>

<sup>2</sup> 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 but priority goes to obtaining APT CE hours.
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 training 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 postpone or cancel this training in the event of unforeseen circumstances. Should this occur, Family Dynamics and Playtegrate will reschedule the training or 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\$1,000 will be charged if withdrawal within 1 weeks from confirmation of enrolment. No refund will be made after 1 weeks from confirmation of enrollment.
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, or due to unforeseen circumstances, some of the training sessions maybe changed to Real-time-online-session. Aftersession- digital-review will be provided for those being absent with strong reasons only.
16. Special discount will be granted in future play therapy training courses for participants successfully enrolled in this course
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.