

## **Family Play Therapy**

### **Overview:**

Family play therapy has been growing in the use as clinicians discover that play can be universally used with all ages. Through family therapy, the power of the system is able to be harnessed along with the power of play to create an amazing process of learning and change. This course will help lay the foundation for understanding why family play therapy is effective and how to make sessions with families engaging and effective.

### **Learning Objectives:**

- 1) Identify the history & rationale for family play therapy
- 2) Identify the different models / theoretical frameworks of family play therapy
- 3) Identify how to integrate play into family therapy
- 4) Implement play therapy techniques in family sessions
- 5) Adapt games for use in family interventions
- 6) Identify common external barriers to effective family work