

Introduction to Play Therapy

Overview: This introductory course will begin with a short introduction to CACPT and the Certification Process. Following the morning break a presentation will begin on the various definitions of play therapy. The therapeutic powers of play will be presented and applied to the play therapy process. Students will also learn how to set up a playroom and a portable play therapy kit and how to select appropriate toys and materials.

Learning Objectives:

- 1) Define play therapy and the difference between play and play therapy;
- 2) Identify the value and therapeutic powers of play therapy;
- 3) Identify the types of play and the differences in play exhibited by adjusted and maladjusted children;
- 4) Cite the developmental stages of play.;
- 5) Identify how to set up a play room and how to select toys and materials to facilitate therapeutic growth.
- 6) Identify how to set up a portable play therapy kit.