

Non-directive Play Therapy

Overview:

Non-directive play therapy is fundamental to many types of play therapy and its tenants are practiced by therapists world wide. This workshop will focus on the underlying theory and principles of non-directive play therapy, its techniques, suitable subjects, use of limits, therapy process and importance of the therapeutic relationship through the use of lecture, video, role-play and experiential exercises.

Learning Objectives:

- 1) Identify the eight principles of nondirective play therapy
- 2) Understand how to follow the child's lead
- 3) Describe the tracking of child's play and reflection of feelings
- 4) Articulate the value and steps of limit-setting