

Play Therapy Process

Overview: This two-day course will begin with a review of the history of play therapy and the major models of play therapy. The play therapy process will be examined with a particular focus on understanding basic themes, how to record themes and how to respond to child clients. Case illustrations will offer techniques and demonstrate the process. Selected research studies supporting the effectiveness of play therapy will also be presented.

Learning Objectives:

- 1) Summarize the history and major theoretical models of play therapy, including the pioneers, major components, role of the therapist, and empirical support;
- 2) Explain prescriptive play therapy and how to match the approach to the child's needs;
- 3) Describe the guidelines for developing a personal theoretical model;
- 4) Describe the stages in the play therapy process and how to pace sessions according to the child's readiness to address issues;
- 5) Describe basic themes in children's play and how to tie them to children's life experiences;
- 6) Identify how to record themes in children's play;
- 7) Explain how to determine therapeutic movement within therapy and when a child is ready to terminate;
- 8) Cite recent research studies supporting the effectiveness of play therapy.