

Playful Trauma-Focused Cognitive Behavioral Therapy

Overview:

Anxiety is the most frequently occurring mental illness among children and adolescents and includes *Generalized Anxiety, Obsessive Compulsive Disorder, Separation Anxiety, and Specific Phobias*. Mood disorders (such as *Major Depressive Disorder, Dysthymic Disorder and Bi-Polar Disorder*) are the fourth most frequently occurring mental health problems among children and teens. In their severe forms, when unidentified and/or untreated; mood disorders can be fatal.

Cognitive Behavioural Therapy is an empirically supported model of therapy for adults with anxiety and mood disorders. The empirical support for CBT with anxious and depressed children and youths is growing. However, it is a highly structured, talk therapy that may not be accessible to many young clients. Cognitive Behavioural Play therapy is a new, unique model of play therapy that utilizes aspects of Cognitive Behavioural therapy with other types of Play Therapy to work with anxious and depressed children, youths and their caregivers. It is more than "playful CBT" and more than "Play Therapy with CBT strategies".

This workshop will present a framework for Cognitive Behavioural Play Therapy, discuss the most common anxiety and mood disorders seen in children and teens, provide a rationale for CBPT as a preferred treatment for children as well as key CBPT interventions for work with anxiety and mood problems.

Learning Objectives:

1. To identify Key principles of Cognitive Behavioural Play Therapy CPBT
2. To Understanding *Generalized Anxiety, Social Anxiety, Separation Anxiety, Obsessive Compulsive Disorder, Specific Phobias*
3. To provide key interventions for Anxiety
4. To understand *Major Depressive Disorder, Dythymic Disorder and Bi-polar Disorder*
5. To provide Key CBPT interventions for Depression